

# STELLAR *Life*

Hosted By *Orion*

## Find Your Sleep Type and Cure Insomnia

10 Point Checklist

**Dr. Michael Breus**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take

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"You change someone's sleep, you change their life"

**DR. MICHAEL BREUS**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Go and take the assessment at [www.ThePowerOfWhenQuiz.com](http://www.ThePowerOfWhenQuiz.com) and find out what your chronotype is.
- Reevaluate your daily routines based on your chronotype. Are they a good fit? What areas do you need to change around a bit to get the most out of your energy?
- The process of sleeping--simply breathing in our sleep--causes us to lose nearly a liter of water each night. Make a commitment to have the first thing you put in your body each day be 8-12 ounces of water.
- The melanopsin cells in our eyes are part of the system that help us get moving in the morning. Give yourself a boost each day by getting direct sunlight right after you get up.
- Coffee can be a big part of our morning routine. To get the most out of our hormone cycle, Dr. Breus recommends drinking coffee or tea about 2 ½ hours after we get up. Challenge yourself for the next week to do just that.
- Are you a napper? Evaluate your nap time for maximum benefit. Naps should be no longer than 25 minutes in length and be taken between 1:00 and 3:00 in the afternoon. If you are a dolphin--a problem sleeper--Dr. Breus says you should not be taking naps at all!
- Taking a hot shower or bath right before getting into bed gives you a beneficial drop in core body temperature and can help you get to sleep and sleep more soundly. Design or adapt your evening routine to include this beneficial practice.
- Make sure that 20-25 minutes of cardiovascular activity is on your agenda for each day! One of the many benefits you will reap from this practice is less stress and better sleep.
- Make a list of the things that nourish you or things you want to try in mind, body, and spirit. Then, take the time to actually put those things in your appointment book or phone, and treat them as the priority they are.
- Go and find out more about Dr. Breus' work of changing people's sleep at [www.TheSleepDoctor.com](http://www.TheSleepDoctor.com) and buy his book, The Power of When.