

# THE JORDAN HARBINGER SHOW

## Worksheet for Matthew Walker | Unlocking the Power of Sleep and Dreams (Episode 126)

***"The shorter your sleep, the shorter your life." -Dr. Matthew Walker***

*With only so many hours in the day to get things done, sleep often falls by the wayside as something we neglect in our workaholic society of endless hustle -- with consequences more dire than most of us understand. So how do we optimize the sleep we get to maximize the effect of our wakeful hours and live longer, healthier lives?*

*[In this episode](#) we talk to Dr. Matthew Walker, scientist and professor of neuroscience and psychology at the University of California in Berkeley and author of international best-seller [Why We Sleep: Unlocking the Power of Sleep and Dreams](#). He'll help us understand how to best harness the time we spend sleeping -- whether we're globetrotting entrepreneurs dealing with jet lag or nine-to-fivers in constant battle with our snooze alarms.*

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## Morning People & Night People

Some people are *morning people* while other people would rather throw an alarm clock at the rooster than get up with him. According to Matt Walker, your *morningness* or *eveningness* is not a measure of laziness, but something for which you're hardwired genetically as an individual. In fact, you should never be ashamed either way. "We know the genes that dictate whether you are a nighttime person or a morning person," Matt told me.

Matt has a theory as to why humans show a variability for morningness and eveningness: survival of the species. So next time you are given a hard time for not taking a jog before your 7 a.m. yoga class, or why you weren't answering emails at 11 p.m., just remind that person you were doing your part on behalf of evolution.

**Are you a morning person? An evening person? Knowing this, could you structure your day more efficiently? Have you been shamed? Well, it's time to let this stop bothering you.**



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## Don't Be (Jet) Laggin'

Matt is from England and lives in the Bay Area. That means every time he wants to go home, he battles a transatlantic flight's worth of jet lag. Unfortunately there is no magic cure for jet lag, but with Matt's prescription, you can “*expect that your body clock will reset for one hour by every day you've been in the time zone.*” So how do you do this?

### The Flight

- **Sleep during the first half and force yourself to stay awake the rest of the flight.**
- **No alcohol or caffeine on the flight.**

### After

- **Continue to stay awake until the next of that day.**
- **Fall asleep at night in the new time zone.**

### Daily

- **Grab 30 minutes of natural daylight before 10:00 a.m. in the new time zone.**
- **Try to exercise before midday (even if it's just that 30 minute active walk outside.)**
- **Wear a hat or sunblock but *don't* wear sunglasses. You want to soak up that natural daylight.**
- **That afternoon: *Do* wear sunglasses. Start blocking out the light.**
- **Eat meals at a regular time. Don't eat when you're hungry (*food is as powerful a trigger to reset your clock as daylight*).**

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## iWake

Your phone is an effective tool for many things. The bad news is that one of them is messing up your sleep. Matt says that you don't want to look at your phone in the middle of the night, and you definitely don't want to look at it first thing in the morning either. This expectation of your phone creates anxiety, and microdoses of anticipatory anxiety correlate with the depth of your sleep.

### **Matt's prescription:**

- **On waking: Try and spend five minutes in the morning without looking at your phone.**
- ***(Airplane mode with a meditation app doesn't seem to trigger fight or flight in the nervous system.)***
- **If successful: Try to extend this five minutes to six, seven...**
- **When you have some degree of wakefulness, then open your phone.**

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## Checklist for the Underslept

Sufficient sleep is when you wake up naturally, having received the right amount of sleep your body desires. So how do you know if you are getting enough sleep?

### **Matt Walker's Checklist for the Underslept**

- **Would you sleep past your alarm if it didn't go off?**
- **Do you use caffeine in the morning to wake up?**
- **Have you driven in the morning and then wonder whether the traffic light you passed was red or green? (If you're asking that question...)**
- **Can you read and comprehend what you're reading? Or do you blankly stare at the paragraph you've read three times already?**

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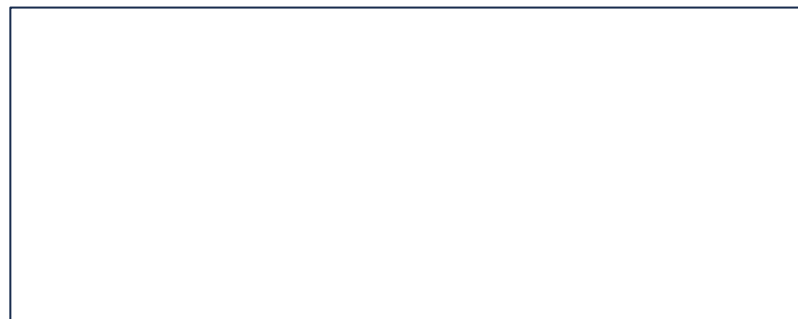
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## Better Sleep Checklist

Here are Matt's suggestions for improving sleep:

- **Go to bed at the same time every night.**
- **Wake up at the same time every morning.**
- **Heat your feet with pads.**
- **Take a bath to reduce core body temperature.**
- **Wear blue light blockers before bed ([Link 1](#), [Link 2](#))**
- **Sleep with an eye mask**
- **Remove clock faces from your bedroom**
- **Melatonin**

**A note on Melatonin: "Most people take too much," according to Matt. Melatonin is often found in 5mg or 10mg doses. He recommends 0.5mg to 2mg taken 45 minutes before bed.**



*Full show notes and resources for this episode [can be found here](#).*

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## About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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