

GO TO
Bed!



CHALLENGE PREP KIT

A Free Guide to Get Ready...to Go to Bed!

WHAT IS THE 14-DAY GO TO BED CHALLENGE?

The [Go To Bed Challenge](#) hones in on just 14 small changes, each supported by the scientific literature, that each add up to generate the biggest improvements in sleep quantity and quality. The 14-Day Go To Bed Challenge is designed such that each step is an incremental change. Each day of the challenge, you will add one new change and all 14 changes that you will implement over the challenge will add up to one big improvement in sleep. This step-by-step approach is designed to ease your body into better sleep, rather than trying to tackle everything all at once and potentially have your body refuse to cooperate! These 14 steps are also all chosen to give you the best bang for your buck, and it all adds up to great sleep (and great health)!



Forming a habit takes longer than 14 days – 66 days, if we’re going to get technical –, but the Go To Bed Challenge is designed as a two week challenge for three reasons.

FIRST, *committing to something for a mere fourteen days isn’t daunting for most people.*

SECOND, *14 days is enough time for most people to see noticeable improvements in their sleep (and their health thanks to getting enough sleep!).*

AND THIRD, *it’s my hope that giving you that taste of what getting enough sleep feels like (and how easy it really is) will be all the motivation you need to continue on this path and keep sleep on your priority list from now on.*

Now, let’s get to it! This is the quick-start guide after all!

BEFORE YOU BEGIN QUICK-START CHECKLIST

- Read the full Go To Bed book
- Make changes to my bedroom environment: dark, cool, & quiet.
- Purchased amber-tinted glasses
- Get an awesome new pair of pajamas (not required, but a great idea!)
- Print out the Go To Bed Sleep Journal and place it by the bed
- Talk with family/housemates and gain support
- Sign up for support emails
- Follow our social media communities on Facebook & Instagram
- Check out the Go To Bed Roadmap
- Fill out the pre-challenge anonymous survey here (<http://www.thepaleomom.com/go-to-bed-sleep-score-survey>)
- Print out the 14-Day Go To Bed Challenge Journal



HOW TO JOIN A GROUP GO TO BED CHALLENGE

If you know that the excitement and support of being part of a large group of people all working toward the same goal will help you succeed, then the Go To Bed Group Challenges are a wonderful resource for you!

Group challenges are hosted by the Instagram and Facebook Go To Bed communities. To join, simply follow one or both accounts, turn on notifications, begin your 14-Day Go To Bed challenge on the specified date, and check-in to the communities daily. There will be threads/posts during the Group challenges specifically for you to share your experiences, ask questions, get extra inspiration for the day, and connect with others. You're also always welcome to post on the Go To Bed Facebook Wall, or tag either account in your own social media posts about the challenge. The more you engage on these pages (meaning, the more you post, like, follow, reply, comment, and share), the more you'll get out of the being part of a group.

Group challenges begin the first Sunday of every month (unless that Sunday falls on a long weekend or holiday and then the challenge starts the following week).

Here are the Start Dates for the remaining 2016 and 2017 Group Challenges:

2016

- July 17th
- August 14th
- September 11th
- October 2nd
- November 6th
- December 4th

2017

- January 8th
- February 12th
- March 5th
- April 2nd
- May 7th
- June 4th
- July 9th
- August 6th
- September 10th
- October 1st
- November 5th
- December 3rd

Being part of a Group Challenge is absolutely free, once you've purchased the full [Go To Bed e-book](#). There's also no limit to how many Group Challenges you can join. If you're a person who thrives in the group challenge environment and who needs the persistence of monthly challenges in order to stick to the program, then feel free to join every single month!

Challenge CALENDAR



-8	-7	-6	-5
PURCHASE <i>GO TO Bed!</i>	READ PARTS 1 & 2 OF GO TO BED E-BOOK BUY YOUR AMBER GLASSES	READ PARTS 3 & 4 	READ PARTS 5 & 6

-4	-3	-2	-1	1
READ PARTS 7 & 8 	DO PRE-SLEEP SURVEY & GET SLEEP SCORE START IMPROVING SLEEP HYGIENE (see page 92 in Go To Bed)	GET SUPPORT & ACCOUNTABILTY FROM FRIENDS & FAMILY Follow Go To Bed Facebook & Instagram	PRINT OUT ALL PRINTABLES (see page 289 in Go To Bed) 	<i>Challenge</i> BEGINS! CREATE A BEDTIME

2	3	4	5	6
WEAR YOUR AMBER GLASSES	GET MEDITATING	GET OUTSIDE!	GET A ROUTINE 	DON'T EAT BEFORE BED

7	8	9	10	11
GET 30G OF CARBS	STEP AWAY FROM SCREENS zzz 	CREATE MORE TIME TO RELAX	CUT OUT AFTERNOON SUGAR	GET TO BED EARLIER

12	13	14	15	16
CUT OFF THE CAFFEINE AT NOON 	GET MOVING!	GET TO BED EVEN EARLIER! 	POST <i>Challenge</i> SURVEY Get your new sleep score!	SUBMIT POST-CHALLENGE TESTIMONIAL (Email us at contact@paleomom.com)

SLEEP AID SHOPPING SPREE

The information in [Go To Bed](#) is designed to naturally provide you with the best night's sleep possible. Throughout the book you'll read in a few places where cool gadgets can actually give you the best of both worlds; for example, wearing amber-tinted glasses in the evenings allows you to protect your dim-light melatonin production while also enjoying evening activities that involve computer or television screens and indoor lighting. These biohacks can help support sleep while minimizing the intrusiveness that changes designed to improve our sleep can be in our lives.



I have compiled a summary of all of the great scientifically-validated gadgets and sleep-aids mentioned in [Go To Bed](#) for you. You almost certainly don't need all of these, which should be a relief since some of them can be quite an investment! But, a few of these provide a tremendous benefit for very little cost.

The only one of these biohacks that is used in the [14-Day Go To Bed Challenge](#) is the amber-tinted glasses because these are so well established in the scientific literature to support circadian rhythm entrenchment, improve sleep quality, and they require very little investment. In fact, amber-tinted glasses can be purchased at any hardware store! However, there are some options for those who don't want or can't wear amber-tinted glasses, so don't despair.

As for the rest of these sleep aids, use this summary to determine if they would be a worthwhile investment for you. There are also page number references so you can go back and read the more detailed science behind each of these.

Amber-Tinted Glasses

COST: \$6 to \$50+

USEFUL FOR: everybody who uses indoor lighting, shift workers

Amber-tinted glasses block blue light from entering your eyes, which, when worn for the last 2-3 hours before going to bed, helps protect dim-light melatonin production. This means they help you fall asleep more efficiently and sleep more deeply. Remember to also dim indoor lighting in the evening since there are blue light sensitive photoreceptors in skin too. More info in [Part Three](#).

Amber-tinted glasses can be purchased very inexpensively from Amazon or from most hardware stores (yellow lensed safety glasses!). More stylish versions are available as well at a higher cost.



BUY IT HERE!

f.lux

COST: FREE

USEFUL FOR: people who need to work in the evenings

[f.lux](#) is free software that you can download onto your computer (not compatible with Apple devices unless you jailbreak them) that adjusts your screen brightness and hue to reflect the time of day. If you need to work on your computer in the evening, especially if you choose not to wear amber-tinted glasses, [f.lux](#) minimizes the amount of blue light emitted from your screen, shifting the average wavelengths towards yellow and red.

If for any reason, you need to be able to see true colors for an application, f.lux has an added feature where you can disable it for an hour at a time. More info in [Part Three](#).



GET IT HERE!

Light Alarm Clock

COST: \$70 to \$140

USEFUL FOR: everyone who needs an alarm

Instead of waking up to a jarring beeping sound, music or the news, light alarm clocks wake you up with a gradually brightening light to simulate sunrise. This gadget is all about waking you up gently, and avoiding that little adrenalin rush and stress boost that conventional alarm clocks offer. Some change color as they brighten (red to yellow to white) and also provide nature sounds to add to your gentle waking experience. Others actually combine a light therapy lamp with a light alarm, making it two gadgets in one! More info in [Part Three](#).



BUY IT HERE!

Red Light Bulbs

COST: \$2.50 to \$8.50

USEFUL FOR: people who don't like wearing glasses

If you don't like wearing amber-tinted glasses, another option is to put red lights into lamps and light fixtures around your home for evening use (have regular light bulbs in other lamps and light fixtures for during the day). These run as cheap as \$2.50 per bulb for incandescent to \$8.50 per bulb for compact fluorescent. Make sure that if you're using this strategy to avoid blue light exposure in the evening that you also avoid all computers, tablets, smartphones, TVs and any other screen! More info in [Part Three](#).



BUY IT HERE!

Philips Hue Lightbulbs

COST: \$200 (starter kit)

USEFUL FOR: people who don't like wearing glasses

If the thought of extra lamps with red light bulbs in them cluttering the house gets you twitching, then you'll love the versatility of Philips Hue. These light bulbs can change both color and brightness and can be controlled from your smartphone! You can even program them to automatically turn off when you leave the house, and automatically change color and brightness based on the time of day. The 2nd generation starter kits typically run at \$200. Additional light bulbs run \$60 a piece, however these are LED lights and will last a very long time. More info in [Part Three](#).



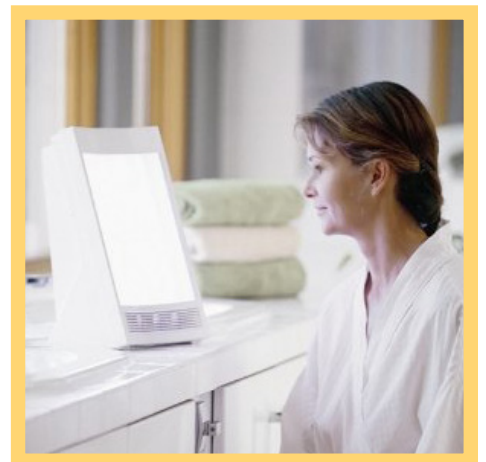
BUY IT HERE!

Light Therapy Box

COST: \$60

USEFUL FOR: shift workers, people who can't get outside

The idea behind using a light therapy box for 20 minutes to an hour daily is to provide a comparable circadian clock syncing stimulus to your brain as sunlight. This is a great gadget for anyone who can't spend time outside every day year round (note that these lights provide no UV wavelengths so they will not tan the skin or stimulate vitamin D production). Created for Seasonal Affective Disorder, you might prefer to use this light in winter months if you live somewhere with dreary, cold winter weather, or you may choose to use yours year round if you work long hours indoors. Look for one that provides at least 10,000lux. Scientific studies show no difference in benefit between white light and blue light boxes. More info in [Part Three](#).



BUY IT HERE!

Treadmill desk

COST: \$1200+

USEFUL FOR: people with desk jobs

A treadmill desk allows you to walk slowly all day while you work (or you can turn it off and use it as a standing desk if you need a break). Typical speeds are between 1 and 2 miles per hour, so this isn't about getting your workout in, but rather, staying in constant gentle motion to enjoy all the health benefits (and sleep benefits!) of movement. All-in-one options run about \$1400, but if you already have a treadmill kicking around, you can buy just the desk for about \$500 in order to convert your treadmill into a treadmill desk.



BUY IT HERE!

DeskCycle

COST: \$160

USEFUL FOR: people with desk jobs

If your office space doesn't allow for the large footprint of a treadmill desk, if you need a movement solution that is less conspicuous, or if you simply need a more affordable option, the DeskCycle is designed to fit under your desk where you can pedal away unnoticed! The pedals are very close to the floor, making this option work even with desks as low as 27". It has 8 different resistance settings and is very quiet! More info here.



BUY IT HERE!

FitDesk Elliptical Trainer

COST: \$170

USEFUL FOR: people with desk jobs

Another option for people who want movement in their office space but for whom a treadmill desk is not an option. The FitDesk Elliptical Trainer is designed to fit under your desk, where your day of movement can go unnoticed! The motion of an elliptical trainer can be easier on the knees than that of a bicycle, plus the FitDesk Elliptical Trainer is designed so that your knees won't hit the bottom of your desk even for desks as low as 25". It also comes with 8 different resistance settings and is very quiet! More info [here](#).



BUY IT HERE!

Blackout Curtains

COST: \$33+

USEFUL FOR: everyone with lights outside their bedroom windows and shift workers.

Whether you live in the city or suburbia, light pollution can be a big problem! Beyond the fact that backyard astronomers can't see the stars, this makes it hard to have a dark enough bedroom to promote high quality sleep. Blackout curtains are an excellent solution to minimize the amount of light seeping into your bedroom at night (or to block out sunlight if you're a shift worker). Best Home Fashion makes relatively inexpensive yet very effective blackout curtains in either 52"x63" or 52"x84" size and in a variety of colors. More info in [Part Three](#).



BUY IT HERE!

White Noise Machine

COST: \$28 to 65

USEFUL FOR: noisy bedrooms

If you're a light sleeper and find that even small noises wake you up at night, or if there are loud noises that you are unable to control that affect your sleep, a white noise machine is a great solution. These produce soothing, repetitive nature sounds that mask other noises (especially high frequency noises, which are more likely to disrupt sleep) to diminish their effect on your sleep quality. From a basic version made for babies to a deluxe version with pillow speakers, there's a wide range to choose from! More info in [Part Three](#).



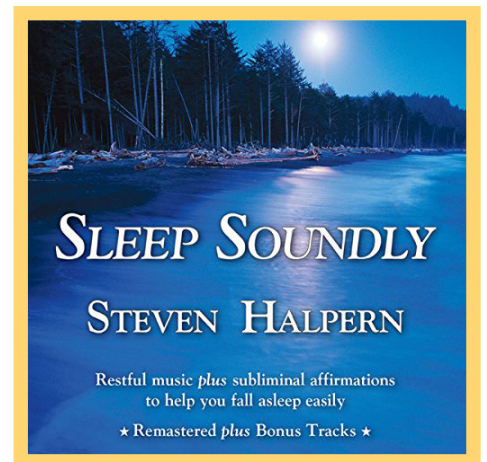
BUY IT HERE!

Meditation CD, Podcast or App

COST: Free to \$50

USEFUL FOR: everyone

New to the idea of meditation? There's a huge variety of CDs, podcasts, and apps that will guide you through meditations in an approachable way! We're spoiled for choice here, so I'll share my two favorite resources. Steven Halpern, one of the fathers of New Age music, writes meditation music designed to stimulate alpha and theta (calming) brainwaves, and his album *Sleep Soundly* is lovely background music to self-directed mindful meditation. Another amazing option is the Anne Angelone's *Peaceful Sleep and Deep Relief* tracks, available [here](#). The binaural beats and subliminal messaging will help relax your mind and support better sleep. Either dedicate some time



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to just relax and listen or play it while you're doing your other chosen relaxation activities (just don't let these tracks lull you to sleep while in the bath!). If you prefer guided meditation, the app Calm, available on [iTunes](#) and [Android](#), is a great choice. You can choose your background noise (or none), meditation length (from 2 minutes to 20) and the theme for your meditation (sleep, anxiety release, positivity, etc.) A nice selection of guided meditations come with the app for free, but a subscription which is purchased in-app is required to unlock the full array of meditations available.

Weighted Blanket

COST: \$200 to \$250

USEFUL FOR: insomniacs, high stress, high anxiety

Weighted blankets improve sleep quality and total sleep time by providing a comforting and cocooning pressure to the body. Scientifically validated for insomnia, there may be some benefit for individuals under high stress or who suffer from anxiety. Look for a blanket that weighs between 10% and 12% of your body weight. More info in [Part Three](#).

This weighted blanket comes in varying weights, up to a 25lb blanket suitable for up to a 200lb person. The company makes blankets to order, so if you need something special, you can contact them directly.



BUY IT HERE!

Sleep Supplements

COST: \$18 to \$41

USEFUL FOR: sleep problems related to nutritional deficiencies

Certain supplements discussed in this book are well supported in the scientific literature to effectively improve sleep quality with very few contraindications. However, remember to always talk to your healthcare provider before taking any supplement. You may find benefit with [Vital Proteins](#) Grass-Fed Beef Liver Capsules as a whole foods source of tryptophan (not to mention lots of other great nutrients!), [Vital Proteins](#) Collagen peptides for the calming and anti-inflammatory glycine content, and Magnesium Glycinate, L-theanine, and/or GABA to help improve sleep quality. Make sure that supplement use is not a crutch for poor implementation of routine, circadian rhythm entrenchment, hormone regulation, and sleep hygiene. More info here.



BUY IT HERE!

FitBit

COST: \$79 to \$242

USEFUL FOR: tracking sleep and daytime activity

A FitBit is a great gadget for tracking daytime activity, sleep quantity, and sleep quality. It measures sleep quality by looking at your movements during sleep (FitBits that are also equipped with heart rate monitors use this data as well). The two entry level FitBit models are the One, worn on your waistband, and the Flex, worn on your wrist, both of which are very functional but do not include a heart rate monitor. The Charge adds to this functionality with a heart rate monitor to auto-detect



BUY IT HERE!

both activity and sleep. The most deluxe model is the Surge, which not only includes a heartrate monitor but also GPS tracking for more accurate activity measurements. Regardless of which model you choose, all have the added bonus of social connection so you can cheer your friends' milestones, compete for the most number of steps in the day, and stay motivated. Another bonus, FitBits are very comfortable to wear during sleep! More info here.

Sleep Tracking Apps

COST: FREE to \$2

USEFUL FOR: tracking sleep

If you own a smartphone, you don't need to invest in a FitBit. Apps like Sleep Better (basic version is free, full version is \$1.99) are available for [Apple](#) and [Android](#) devices and can track your sleep using your phone's accelerometer. Depending on the battery life of your phone, and whether or not you choose to have your phone beside you in bed or worn in an armband, this may or may not be the most practical solution. However, it's a very cost effective option with similar accuracy to a FitBit!



BUY IT HERE!

WANT TO READ
THE FULL BOOK
AND JOIN THE

Challenge?



GO TO *Bed!*

14 EASY STEPS TO HEALTHIER SLEEP

- ✦ Recharge your life with better sleep!
- ✦ This is the most comprehensive sleep program ever created! Get all the WHYs and the HOW TOs!
- ✦ Includes 350+ page guidebook and 14-day challenge! Plus great bonuses!

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