

RHT GUIDE TO STRESS MANAGEMENT & SLEEP OPTIMIZATION





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"PEOPLE OFTEN ASK ME, 'WHAT'S MORE
IMPORTANT, DIET OR EXERCISE?'

YOU KNOW WHAT MY ANSWER IS?
SLEEP."

MICHAEL ROESSLEIN, CO-FOUNDER OF
REBEL HEALTH TRIBE

The information in this book is for information purposes only and should not be considered a substitute for medical advice. It is not the purpose of this book to diagnose, treat, or cure any disease. Consult with your doctor or a qualified practitioner before making dietary changes, using any supplements, or partaking in any exercise program.

Sleep, Circadian Rhythms, & Stress

THE MOST OFTEN OVERLOOKED MAIN CONTRIBUTORS TO HEALTH (AND CHRONIC DISEASE)

Over the years, many community and audience members have asked via emails, messages, and direct questions during webinars: “what’s more important, diet or exercise, when trying to optimize health and fitness?”.

RHT co-founder, Michael Roesslein, and many of our guest experts, have often answered with:

“Sleep.”

But can that actually be true? Can sleep, optimal circadian rhythms, and rest be more important than the food we eat or the exercise we do?

That is definitely possible.

Every single cell in our body has a circadian clock - and millions of biological processes which take place in the body are influenced by these internal clocks and light/dark cycles. Disrupted sleep and circadian rhythms have been linked to almost every single chronic disease, metabolic dysfunction, and mental health disorder - also increased cravings, lower self-control, increased addiction, and many other behavioral changes that negatively impact health.

Many people in modern society are running on caffeine, sugar, and energy drinks to get them through the day - which in turn leads to poor sleep, rinse and repeat until they crash.

To keep things short, simple, and direct here, we’ll just list our top tips and suggestions that you can implement right away.



RHT'S TOP TIPS FOR OPTIMAL SLEEP & CIRCADIAN RHYTHM

1. SUNLIGHT IN THE MORNING

Ideally, watch the sunrise. When it's at a very low angle, the light from the rising sun is relatively safe to take in (or just let it get into your eyes). If this isn't possible, just get outside first thing in the morning for at least 15 minutes and let plenty of bright, natural light into your eyes. (Do not stare at the sun.)

2. MOVE IN THE MORNING

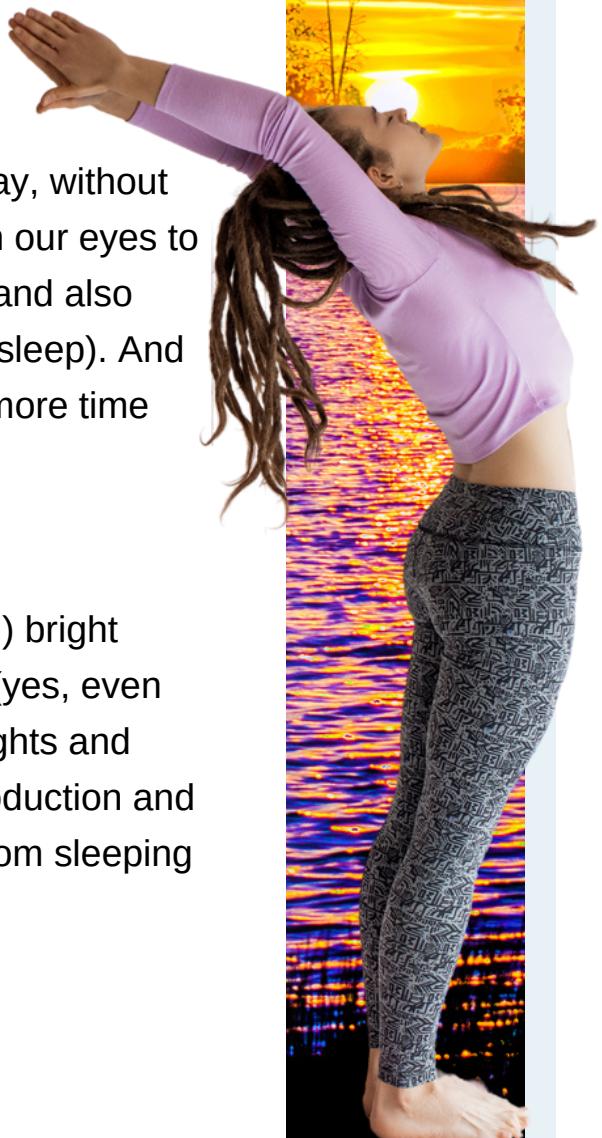
After your morning light exposure, get moving! Or combine the two - the morning is a great time for a brisk walk, hike, bike ride, or outdoor training session. Light is only one input to our system which helps set our natural rhythms... movement is another!

3. GET OUTSIDE AND DITCH THE SHADES

Getting outside as much as possible during the day, without sunglasses (it's important for the light receptors in our eyes to receive natural light), will optimize our hormones and also increase melatonin production at night (for better sleep). And this is just one of countless benefits of spending more time outside, in nature.

4. REDUCE ARTIFICIAL LIGHTS & SCREENS AT NIGHT

Most experts recommend reducing (or eliminating) bright artificial lights (especially blue light) and screens (yes, even your phone) within 90 minutes of going to bed. Lights and screens have been shown to inhibit melatonin production and trigger the release of hormones that prevent us from sleeping well.



5. NATURAL SUPPORTS

Once the rest of the list is in order, we can turn our attention to natural supports for better sleep. Here's our favorites:

Somnium (iPothecary) - This topical GABA cream enables the relaxation neurotransmitter to absorb easily into the bloodstream. Note: A tiny bit goes a long way. One jar can last up to 6 months. [Click here](#) to learn more from formulator, Dr. Christine Schaffner.

ZenBiome SLEEP (Microbiome Labs) - A psychobiotic (probiotic shown to have neuro/psycho effects) designed to help improve sleep, mood, and resilience towards stress. [Click here](#) to learn more from formulator and Microbiologist, Kiran Krishnan.

Liposomal Melatonin (Quicksilver Scientific) - This professional quality melatonin supplement allows you to deliver the powerful antioxidant hormone Melatonin in a highly bioavailable way. Melatonin is being explored for benefits far beyond sleep - but many people find it to help them fall asleep and achieve deeper states of sleep. [Click here](#) to learn more.



Stress & Nervous System Balance

HOW TO MAINTAIN A STATE OF HEALING

Chronic stress is probably the #1 contributing factor to all forms of chronic disease - whether it be heart disease, cancer, autoimmunity, or metabolic disorders.

And stress levels only seem to be increasing in the modern world.

Whether it be from unhealthy relationships, high pressure work environments, general fears about the future of society and the climate, or the increasingly difficult task of making ends meet - many people in today's modern world are literally bathed in stress.



And this has systemic consequences in our bodies. Chronic stress contributes to hormone imbalances, depression, anxiety, blood sugar dysregulation, metabolic disease, neurodegenerative disease, autoimmunity, inflammatory states, insomnia, and much more.

So what can be done about this?

Fortunately, quite a bit.

Similar to attempting to reduce our toxic burden, the first step is to remove as much exposure as possible - whether that be in the form of personal relationships, professional situations, or doom scrolling on social media.

Obviously we can't avoid all stressors, so then it becomes about resiliency and maintaining balance in the nervous system.

You see, our body's stress response is perfectly healthy - when it's able to turn on and off. The problem today is that it never gets to turn off. We rarely find ourselves in a state of relaxation - a state which allows for healing, rest, and repair.

And that's where the problem is.

Without getting too deep into the physiology of stress and the nervous system - we'd like to share with you a few of our favorite practices to return balance and a state of healing to the body.



STRESS MANAGEMENT 101 - OUR FAVORITE PRACTICES

BREATHWORK

Did you know that the way we breathe has profound and immediate effects on our physiology? In fact, the breath can actually induce a stress response in the body - when we take short, sharp breaths and/or breathe predominantly through our mouth.

The breath has been a tool used by traditional healing modalities for thousands of years. In fact, conscious breathing is the oldest known health-building practice.

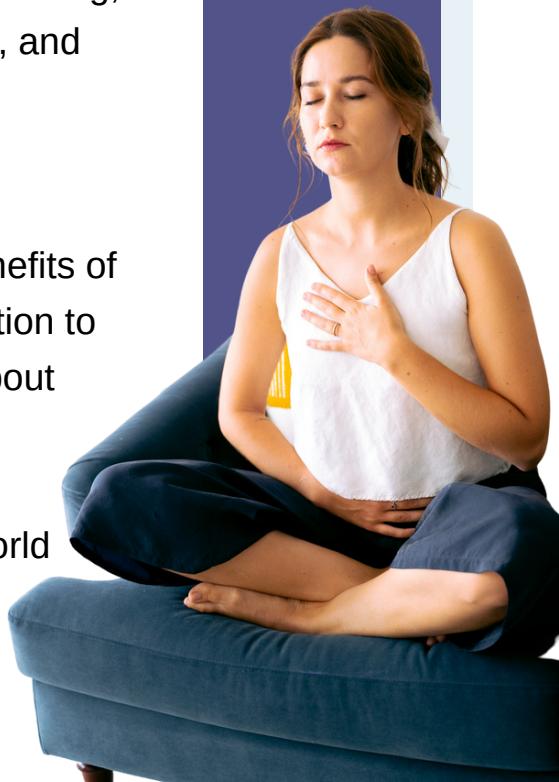
Here's a simple practice that might help bring your body into a peaceful state of relaxation:

- Sit up straight or lay down on your back.
- Place one hand on your belly, the other on your chest.
- Keep your mouth gently closed with your tongue resting just behind your front teeth on the roof of your mouth.
- Inhale, into your belly (feel it rise) for a count of 4.
- Hold for a count of 4.
- Exhale (feel the belly deflate) for a count of 4.
- Hold for a count of 4.
- Repeat for 3, 5, 10, or even 15 minutes.
- When your focus wanders and your mind starts chattering, just bring your awareness back to the breath, smile, and continue.

MEDITATION

There are now many studies showing wide-ranging benefits of regular meditation - from improved brain/cognitive function to better mood, focus, and hormone balance. (And just about everything in between.)

And, there are many misconceptions in the western world about what meditation is.



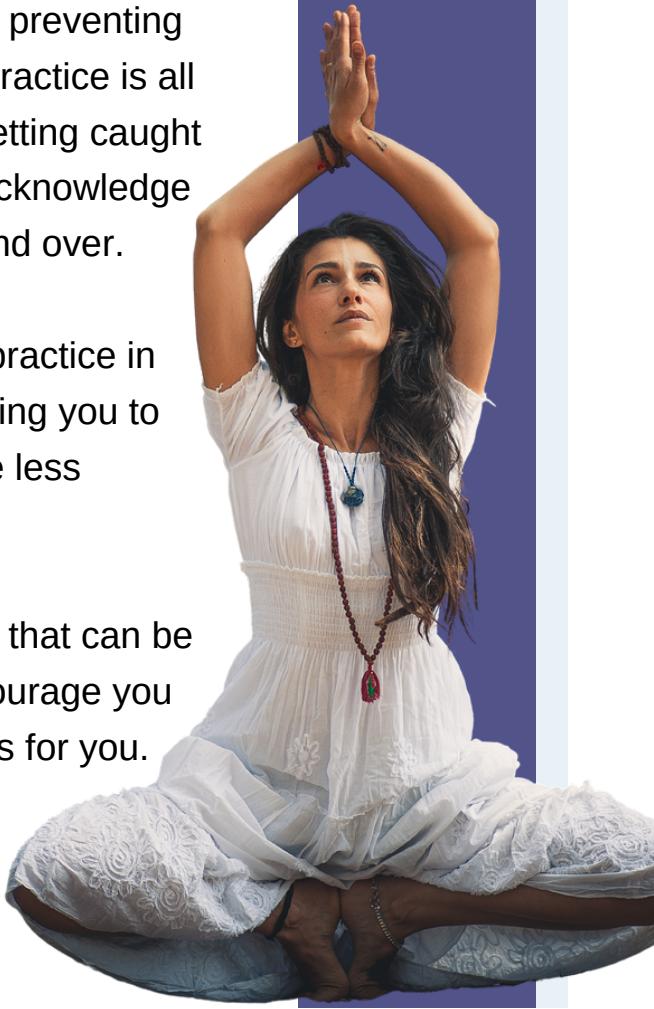
Here's a very simple beginner meditation practice we recommend doing for at least 5-10 minutes per day - every day. (Consistency is key!)

- Sit up straight on a cushion or chair.
- Close your eyes (or keep them open if you're more comfortable that way - but try to avoid focusing on anything in particular)
- Feel the ground beneath you and where your body comes into contact with the ground.
- From there, bring your awareness to your breath - in through the nose, out through the nose.
- Notice all the sensations of breathing - in your nose, throat, chest, belly, etc... feel your ribs lightly expand - whatever happens for you, notice it.
- When your mind creates thoughts and your attention wanders, notice this, smile, and bring your awareness back to the breath. (Smiling is important! Keep it light.)
- Become intimately connected to your breath, return as many times as you need to, without judgment.

Meditation is not about stopping all thoughts and preventing your mind from thinking. That's impossible. The practice is all about returning to the present moment and not getting caught up in the thoughts. Observe them, notice them, acknowledge them, and return to the breath. Over, and over, and over.

This will become easier, and you will be able to practice in "real life" situations, away from the cushion - leading you to be less reactive, and your physiology will become less triggered by external stressors.

NOTE: There are hundreds of different practices that can be regarded as meditation - this is just one. We encourage you to explore this topic and find something that works for you.



HEARTMATH

Our friends over at Heartmath have been researching the incredible benefits of practicing heart-mind coherence - or heart rate variability training - for decades.

Their wearable devices allow you to receive real-time feedback on your practices, leading you into a more coherent state of high HRV. (Which is associated with just about every positive health marker imaginable.)

Also, one of the coolest things they've discovered is that your state of coherence actually influences the physiology of those around you - so your practice is helping everyone and every living thing you come into contact with throughout the day.

[**Click here**](#) to learn more about Heartmath and get started with this amazing technology!

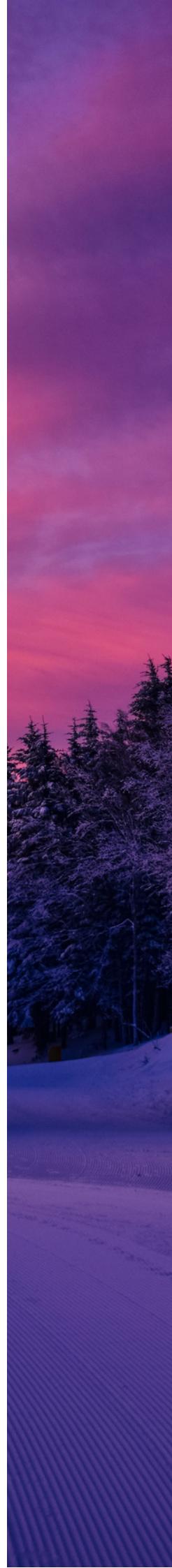
NATURE

This one seems simple and obvious - but we often forget that we are nature, not separate from the natural world around us.

So it should come as no surprise that being in contact with the Earth, walking in nature, spending time in forests, in the mountains, or swimming in the sea, rivers, and lakes - has a profoundly positive impact on our mental, emotional, spiritual, and physical well-being.

No complicated instructions here. Our recommendation is simply to spend more time in nature, and less time in stressful, artificial, man-made environments.

And we've also seen impressive results with the products from Earthing.com - bringing you in contact with the Earth even when you're in your own home, even in your own bed! [**Click here**](#) to learn more about their grounding technology.



SUPPLEMENTAL SUPPORTS

From vitamins and minerals to adaptogenic herbs, there's a lot of options when it comes to supporting the body's ability to handle stress and reducing the impact of stress on our felt experience.

Here are a few of our top recommendations:

Adrenal Super Tonic (Cymbiotika)

A blend of adaptogens and other ingredients to help your body handle day-to-day stresses in a more healthy way - optimized with liposomal delivery. [Click here](#) to learn more.

Mag HP (Healthy Gut)

Stress depletes magnesium, a mineral involved in over 300 physiological processes in the body. Magnesium deficiency has been linked to a host of stress-related chronic disease problems - and Mag HP is our favorite oral magnesium supplement. Why? Because it's just magnesium. No other ingredients, fillers, or additives. [Click here](#) to learn more about magnesium. [Click here](#) to check out Mag HP - including a video from formulator and founder of Healthy Gut, Steve Wright.

ZenBiome COPE (Microbiome Labs)

This is a unique psychobiotic formula which involves a probiotic strain clinically proven to improve neurotransmitter balance and the body's resilience to daily stressors - along with some synergistic ingredients to help improve your mood, focus, and well-being. [Click here](#) to watch a video about psychobiotics from microbiologist (and formulator of ZenBiome) Kiran Krishnan.

HPA Axis: Daytime Maintenance (Gaia Pro)

Gaia is one of the most trusted brands in herbal/natural formulas today - and this particular product from their professional line is a great addition for those looking to reduce the impact of daily stressors on their body. [Click here](#) to learn more about HPA Axis: Daytime Maintenance.