

David Stewart
Hey, Michael, how are you?

Dr. Michael Breus
I am better now that I'm talking to you, my friend.

David Stewart
It's so great to have you back at the show.

Dr. Michael Breus
It's always good to be here. And by the way, for folks out there who have not been checking out the newsletter, it's amazing. It's like one of my favorite things to get an email. First of all, the pictures are stunning. They're just absolutely beautiful. I'll, Dave. But the articles are great. I've actually learned a lot about a lot of people who are my age or older who are doing some amazing things, so I just wanted to put it out there like, this is good stuff.

Dr. Michael Breus
Go check it out for sure.

David Stewart
Wow. Thanks for the love, Michael. That was great.

Dr. Michael Breus
I mean, it's the truth, bro. I love this stuff.

David Stewart
Well, so you have a new book called energize. Why did you write this? You've written other books. Why did you write this book?

Dr. Michael Breus
So I'll tell you what happened. So it have to get a little slightly serious here for just a moment. So about three years ago, I had a cardiac event. So what does that mean? That means that in the middle of a restaurant, Michael went down and ended up in an ambulance and ended up in the hospital. And guess what?

Dr. Michael Breus

I was overdoing it. I was running three, five cases a week because that was how I reduced my stress. And these weren't leisurely. Five K's, right? These were timed. Trying to break my time every single time kind of things. And I burned out. I burned out on every level. I was intermittent fasting to the point of only eating for four hours a day.

Dr. Michael Breus

I was running and gunning hard. And to be honest with you, it was working, at least for a little while. It was. I slimmed down, I had great energy. Things were going well and then, you know, the big guy upstairs put on, put a halt to that pretty quick in the middle of an Italian restaurant in Hermosa Beach, and I really had to take stock of balance.

Dr. Michael Breus

That really became my new go to word, which was Michael. You can't you can't live your life on highs and lows and highs and lows. And let's be honest, I know how to hack my way through this. Like, I'm pretty good at this stuff. And it just came to the point where my body said enough is enough. And so I was really trying to learn more about how to live a more balanced lifestyle.

Dr. Michael Breus

Now. I did it all based on my chrono. Right. And so we talked, I think last time we talked about my book, The Power of Wind, where we talked about the four different chrono types. And that's been awesome. That's unlocked all kinds of secret doors for me, as well as for people who've been reading it. We've actually sold over 100,000 copies of the book now, so we've got it in a lot of people's hands.

Dr. Michael Breus

It's very interesting work, good science behind it. But something started to happen, which was no balance. So I was talking with my good friend Stacy Griffith. So Stacy is one of the founding trainers of a company called SoulCycle. They do the indoor bicycle classes, if you're familiar.

David Stewart

I'm a fan.

Dr. Michael Breus

And so she said and she said Michael, half my clients, even after they get off the bike, tell me they're exhausted. I'm like why? I said, well I got to be honest with you. Sometimes my clients, after I get them sleeping, they tell me they're exhausted. And and we were both kind of like, that doesn't make sense.

Dr. Michael Breus

Like people, if they're getting good sleep, they should have energy. If they're working out, you know, appropriately, they should have energy. And so we said, let's kind of double tap and figure out what's going on here. So I turned to Stacy and I said, well, how do you determine what kind of workouts that you have people do? Because she doesn't just do the indoor cycling, she does training and all this other stuff.

Dr. Michael Breus

And she said, oh, well, I look at their bodies and I try to figure out which exercises that their bodies can do the best, because that's how we keep motivation going, right? So you don't take somebody who's morbidly obese and say, it's time to run a marathon, right? That shit doesn't work. So the goal is to match. She said she would match their bodies to the exercise.

Dr. Michael Breus

And I said, are you talking about body types? Remember back in high school day that no. Morph. Metamorph. Ecto. Morph? Yeah. So? So I described that to her and she was like, yeah, I guess I kind of am thinking about that. And so I said, well, what do you think would happen if we took the four chrono types?

Dr. Michael Breus

And we layered across them the three body types, just as an experiment to see what what could we learn? And she was like, I have no idea, but I'm definitely excited to find out. And so here's the good news. We've had over a million and a half people take the quiz. So we have a database of people with their results.

Dr. Michael Breus

So we we picked a random 5000 people and we asked them to take the body type quiz. Once we did that, we decided, okay, we're now going to institute this combination of your chronotype and your body type across your 24 hour cycle to see if we can figure out how to maintain your energy level. We started with intermittent fasting.

Dr. Michael Breus

Now, I think you're a fan of intermittent fasting. I can't recall. Yeah.

David Stewart

Absolutely.

Dr. Michael Breus

Here's what's so fascinating about intermittent fasting. Many people have no idea where to start. They don't know when their feeding window should be, and they don't know how long that feeding window or fasting window should be. So we now have some guidelines based on your chronotype and your body type. So follow the science for just a second. If you remember the three body types right.

Dr. Michael Breus

We had ecto morph which is kind of a long and lean person. We got mezzo morph which is more the V shape, kind of more a little bit on the muscular side person. And then the endo morph, which has got a little bit on the thicker side. They carry their weight in their hips. Guys. Maybe in their belly a little bit more, a little bit on that on the heavier side.

Dr. Michael Breus

Right. Those are the three different types. So you start to look at something like intermittent fasting and you say, how long should a person fast. Standard is you can have a 12 hour fast. You can have a, I'm sorry, a 12 hour feed, a ten hour feed or an eight hour feed. Right. Those are kind of the three big categories.

Dr. Michael Breus

How do you know which one to pick? Okay. You do it based on your body type. So if you're an endo morph and you're a little bit on the bigger side, you can actually have a smaller feeding window in a longer fast. So you can start. Isn't this cool. So you can feed for eight hours and you can fast for 16.

Dr. Michael Breus

If you're a mesmer, you feed for ten and fast for 14. And if you're an endo more ecto, more you fast for 12 and you feed for 12. All of the sudden things started to make more sense. So then I said, all right, now let's add chrono types to this. And so we actually moved the schedule based on your chronotype.

Dr. Michael Breus

So if you're an early bird, what we call a lion, if you remember, we have you feeding in the morning time and fasting most of the evening time. But if you're a wolf like me, a night owl dude, I can barely choke down, you know, a cup of coffee in the morning, much less some food. So I fast in the morning time, and I don't start feeding until significantly later in the day.

Dr. Michael Breus

Once again, based on my chronotype. So all of the sudden, using genetics. Right. Because your chronotype is genetic and your body type is genetic. This isn't something that you can willy nilly change if you want to. We now have locked in target points to be able to tell us how to put parameters on something like intermittent fasting so that we're like, okay, this is cool.

Dr. Michael Breus

What else can we do this on? And so we decided to do it on movement. So movement turns out to be one of those things that's also very interesting when you when you combine body type and chronotype. So first of all chrono types, there are certain chrono types that love exercise. And there's certain prototypes that hate it okay.

Dr. Michael Breus

So if you remember I have four different chrono types the lion is the early bird, the bear is in the middle, the wolf is the night owl, and the dolphin is the insomniac. So it turns out that lions surprise, surprise that people that naturally wake up at 530 in the morning love to do cardio exercise. Not really a big shocker there, but here's what was interesting.

Dr. Michael Breus

If you're a night owl, even if you're a long and lean person, you don't like exercise at all, and doing cardio is even less likely for you to be able, even if you've got the body type to do it. It doesn't seem to work, but it's certainly not your preference, and it's definitely not motivating. So finding exercises that are motivating based on your chronotype and then teaching people when to exercise once again works out really well.

Dr. Michael Breus

So we find the exercise for their body type. We teach them when based on their chronotype. Now to be fair, sleep is pretty much just chronotype. We do know a couple of things about body types and sleep. One of them is with our endo. Morphs are a little bit bigger people. They do have a tendency to have more sleep apnea than our other types, merely because of their anatomy and their weight structure and things like that.

Dr. Michael Breus

So we make sure that we test them as well. And so what the book does. So the book is called energize. How to go from dragging ass to kicking it in 30 days. And so the whole goal here is once you learn your chronotype, once you learn your body type, we create a power profile for you. And now you you know exactly when and how to intermittent fast.

Dr. Michael Breus

You know how to move, you know how to sleep. And our movements, we've got specific movements throughout the day that we teach people that actually give people energy, not suck it away.

David Stewart

Oh my God, you're blowing my mind. I need to digest this for a second.

Dr. Michael Breus

It's pretty cool, right?

David Stewart

All right, so I'm a bear.

Dr. Michael Breus

Up.

David Stewart

And I think I'm in ecto morph.

Dr. Michael Breus

You are. So you're what we would call a fast bear.

David Stewart

I'm a faster. I'd rather be faster than a slow bear.

Dr. Michael Breus

That's. Absolutely. So what we do is we take your body types and we give you a speed. So ecto morphs are fast because they have fast metabolisms. Mezzo morphs are medium because they have medium metabolism. And endo morphs are slow because they have slow metabolisms.

David Stewart

So help me out.

Dr. Michael Breus
With fast bear, dude.

David Stewart
You only got a bear to be.

Dr. Michael Breus
It's a good one. So? So if you were to intermittent fast.

David Stewart
Tell me you.

Dr. Michael Breus
Would feed for 12 hours. You would fast for 12 hours and you're eating schedule would be based off of your sleep schedule. So as a bear, you're probably going to bed around ten, 1030. We don't want you to eat for about three hours before that way clears the system. You don't have to worry about going to the bathroom and things like that.

Dr. Michael Breus
So you would stop your feeding at 730, and you would start your feeding at 730 in the morning because you're 12 hours, because you don't need to lose weight, you just need to maintain energy.

David Stewart
Okay. And now my exercise.

Dr. Michael Breus

David Stewart
What's my exercise pattern.

Dr. Michael Breus

So your exercise pattern. So the good news for you as a bear. Although I will tell you a lot of bears have issues. You're a regular exerciser. But a lot of the bears that I work with, if we don't get them to exercise before noon, it isn't going to happen. Their motivation just kind of goes off the deep end.

Dr. Michael Breus

So for you, I would recommend probably cardio because you probably like that being a long and lean person, that's probably more motivating for you because you can probably run further than many other people can. I would say consider doing your cardio probably in the mid morning if you can. Like if there's a universe where you can do a run at 9:00, it'd be perfect for you.

Dr. Michael Breus

Now if that doesn't work, you could do from 8 to 830 and then, you know, shower, dress and kind of start your day that way. But if you could go a little bit later, it would be great. Now, if you were a wolf like me, we'd want you to try to exercise around lunchtime, because quite frankly, that's about the only time we can get wolves to exercise.

David Stewart

What about the poor dolphins? What?

Dr. Michael Breus

So dolphins are different. So remember, dolphins are my insomniacs. And actually, we love having them exercise early in the morning because it actually helps calm them down. You know, they're running at a super high frequency. Like their anxiety is like kind of going pretty heavy. So we like them having sex in the mornings, and we like them exercising the mornings, because that release actually helps calm them down.

Dr. Michael Breus

Those endorphins and a couple ones that come through with exercise and sex, help calm them down and actually make for a better day.

David Stewart

Wow. Okay, so I'm I'm an especially ambitious fast bear. Okay. So I do my cardio in the morning and then in the afternoon about 430 I go and lift weights.

Dr. Michael Breus

So you are an especially ambitious bear. And part of that has to do with just your motivation and what you want your physical goals to be, which is great. To be clear, I would say about a third of my bears are like you where they can do exercise twice a day or they're motivated. Afternoon to be able to exercise.

Dr. Michael Breus

So that's great. It's good that you've got that level of motivation. Wow. It's great.

David Stewart

This is you know, people ask me all the time Michael. They're like, okay, so I should fast how much? And it's like, well, I don't know. It's like you know, whatever works for you.

Dr. Michael Breus

Like but that's the problem.

David Stewart

Now there's a formula.

Dr. Michael Breus

Yeah. I mean and it and it's really basic like it really like as soon as I say it to people, they're like, oh, that makes sense. You know, I'm like, I know, dude, let's do it.

David Stewart

Wow. Well, let's get back to sort of the core question here. Like when you say energy, what do you mean by energy?

Dr. Michael Breus

Yeah. So this is a great question. So what I mean by it is change the ability to change and actually changing. Believe it or not, there are multiple types of energy. So in the book we talk about moving energy. We talk about resting energy. We talk about emotional energy. So there's lots of different kinds of energy. But the fundamental definition is a person's ability to change is energetic.

Dr. Michael Breus

And so we want that to be positive energy. To be fair, there's lots of negative energy out there. As an example, on the emotional energy side of things, one of the things that we're helping

people do is identify what we call energy vampires, right? So you know who these people are. These are people in your life who suck the fricking life out of you, right?

Dr. Michael Breus

No matter what you say or do to them, no matter how you try to be helpful to them, they're takers. They just pull the life and energy out of you. So we teach people, number one, how to identify those people, and number two, how to schedule them in or out of your life. Right? Because that's one of those important things that you've got to start to recognize is you're not going to be able to help all the other people in your life.

Dr. Michael Breus

If this energy vampire is taking up all of your time. Other aspects that we talk about on the emotional energy side, which is a lot of fun, is laughter. People don't think about it. But you know what? If you watch a 15 minutes of a comedy that you really like, like, I like that show The Big Bang Theory.

Dr. Michael Breus

I don't know if you ever seen that show. I love that show. I think it is frickin hilarious because I'm as nerdy as those guys are, and I can really relate to a lot of that stuff. If I watch 15 minutes of that, like, I'm in a really good mood, that's energy, right? That's the ability to change your energetic state at whatever point in time that you want to do another one.

Dr. Michael Breus

I'll tell you about that. That's a lot of fun that you'll appreciate is music, right. So when you listen to one of your favorite songs, what happens? You start moving around, you start getting into it, and all of a sudden before you know what you're dancing, you're tapping your feet, you're you're singing along. You have now changed your energy from wherever it was to probably a positive place.

Dr. Michael Breus

That perfect example is my son Cooper, who I think you've met or spoken to before. Cooper. We told him in the morning time if he wanted to get up, he could play his music as loud as he wanted. And so he would play the Beastie Boys. You got to fight for your right to party every morning at 730 in the morning.

Dr. Michael Breus

Right.

David Stewart
Cooper.

Dr. Michael Breus

Right on. Cooper. Exactly. And you know what? The whole house was bopping around like. Yeah, you got to fight for your right to party. Like, we're having a blast and we're changing the energetic component of the morning, right? Because if you've got a teenager and you're trying to wake him up to get him to school at 730 in the morning, it's hell.

Dr. Michael Breus

Okay. There's nothing easy about that, that transition. So understanding the different types of energy turned out to be really good. And we actually have people tracking their energy during the day and then switching up and doing special movements to help keep that energy flowing.

David Stewart

Question for you. So, you know, we have the sleep, we have movement, we have fasting. What about type of food? Does that have been layered in there.

Dr. Michael Breus

So to be really honest with you, that is a bigger topic that I was able to cover. Okay, there are so many interesting like we were thinking about doing really clean eating, then we were thinking about should it be vegetarian and vegan? Then we're thinking about should it be keto and paleo? To be fair, dude, like there's just too many levels of expertise in that.

Dr. Michael Breus

So we'd rather tell people when and when to eat and how long to fast for, and let them kind of go to their own devices for what to eat. But that being said, you'll see in the book, I ran the experiment the very first time when I did intermittent fasting. So for 30 days I ate a pint of ice cream every single night.

Dr. Michael Breus

Oh fuck. Every night.

David Stewart

You're still like, supersize me, buddy.

Dr. Michael Breus

Exactly. And I did not gain a pound.

David Stewart

Oh my God, 1 pound. Oh, that which just got kill me.

Dr. Michael Breus

I got really ill. Just to be clear, the dairy was terrible, so I switched to coconut milk ice cream. And then we tried some different ones. But, you know, intermittent fasting can be a very, very powerful, powerful tool. But it is not, to be clear, not licensed to, you know, intermittent fasting. We only eat candy as an example, right.

Dr. Michael Breus

That that's not going to be good for folks out there. If you're if you're kind of if your wheels are turning in that direction, I'm going to point them back the other way. So we try not to tell people what to eat just when to eat it, and for how long.

David Stewart

It's for everybody listening out there. Like for 99% of the people out there, if you eat a glycemic load like what Michael was just deciding, you can end up with type two diabetes and all kinds of terrible things. Don't do that.

Dr. Michael Breus

David Stewart

Yeah. I was just wondering because I've sort of over the last 3 or 4 months, my main source of food is nuts. Like I eat like walnuts. And it's just like any kind of like nothing.

Dr. Michael Breus

Absolutely seems to.

David Stewart

Really work for me.

Dr. Michael Breus

And I like Brazil nuts because they're loaded with selenium. Right, right. That can be super duper helpful for if you have weight loss goals, if you have energy goals. So I like you see me, I'm drinking my smoothie here.

David Stewart

Yeah. What's in that man.

Dr. Michael Breus

So I'll tell you what I've got in this. Yeah. So I have I have animal protein. So egg white protein powder. I have athletic greens. So I get all of my non-athletic greens. I'm sorry. Paleo valley greens. I actually like them better than athletic greens. So I have all my greens in that I have fresh blueberries for the antioxidants.

Dr. Michael Breus

What else do I have in here? I have my selenium, so I have my Brazil nuts. And then I put a handful of almonds in there. On occasion. I've been known to put a scoop of almond butter in there, or a banana, depending upon how high I want my glycemic index to be. Because, you know, bananas can really spike your glycemic index pretty high.

Dr. Michael Breus

Yep. And, and I have a little bit of cocoa powder in here and this stuff called ripple, which is a plant based, almost like a chocolate milk type of drink that gives me a little bit more protein in it. And honestly, I love this thing. Then I can also throw my supplements in here if I want to grind them up or just take them afterwards.

Dr. Michael Breus

I don't know about you, I have about 6 or 8 supplements that I take each day. I cannot take them on an empty stomach, otherwise it just makes me vomit. So I have to get one of these in me first. And I don't eat until about 1:00 in the afternoon because I'm a wolf, so I have to wait until I take my supplements.

Dr. Michael Breus

But that's what I take almost every day.

David Stewart

Well, yeah. Cool. I mean, I very similar.

Dr. Michael Breus

Yeah.

David Stewart

It's so this is so interesting because I know that with some people, the intermittent fasting is actually really stressful on their body.

Dr. Michael Breus

Yes it is.

David Stewart

Yeah.

Dr. Michael Breus

And I think people and so let's let's double tap on that for a second. Yeah. So you know here's the thing is it's about consistency number one. So I know a lot of people who intermittent fast all over the place that one day they're fasting at this time. The next day they're fasting at that time. That's a terrible idea.

Dr. Michael Breus

You need to pick the length of your fast, and you need to pick the timing of your fast, and they need to be as consistent as possible. Now, to be fair, if you want them to work the best, read my book and I'll show you exactly how to do that. But if you don't have time to do that, or you don't have an inclination to do that, just maintain a level of consistency.

Dr. Michael Breus

Otherwise it gets super duper stressful, right? Because what happens is your you sense so your your stomach is on a circadian rhythm, right. So it all comes back to sleep somehow. So there you do have a rhythm in your gut specifically with your microbiome. And so your gut is expecting certain things at certain times. And if you don't actually feed it what it needs, when it needs it, it kind of looks for it elsewhere or things, it's not going to show up or things like that.

Dr. Michael Breus

So having that level of consistency and I know that's kind of boring, but it's like I drink the same damn shake every single day, right? That's what I do. That's my lunch and that's with my supplements. And then I have a nice, you know, reasonable dinner and I'm off and running. That's what I tell people all the time.

Dr. Michael Breus

Doing an intermittent fast should not be stressful. If anything, it should actually be stress reducing because you don't have to worry about one of the three meals that you normally would have worried about because you're probably fasting past it, right? So maybe breakfast is no longer there, or dinner is no longer there or something like that. That's number one.

Dr. Michael Breus

But I tell you, the most interesting thing or stressful thing about for me with intermittent fasting was I missed meal time with my family. And so what I would do is I would have, like if everybody was having breakfast in the morning, I would just have a cup of hot water with some lemon and spend the time with my family, because it's still an important gathering moment for your family unit.

Dr. Michael Breus

So I think that's also another way to get the stress out of it. Is to still participate, but just don't eat and then also really have consistency in it. And I think that will help lower stress as well.

David Stewart

Yeah, I think that's right. I think that one of the, you know, the biggest thing you can do for your epigenome to like, get it signaling properly is reduce your stress. And the number one way to reduce stress is have social interaction your percent.

Dr. Michael Breus

Right. Hang out with your family.

David Stewart

Hang out with your family. Right. Hang out right. Eat with friends. And I it's interesting, you know, one of the things that you stressed in one of our earlier calls was about this idea of consistency, of sleep.

Dr. Michael Breus

Yes.

David Stewart

So go to sleep every night. Exactly same time. Wake up exactly the same time, no matter what. Just just do that.

Dr. Michael Breus

Right now I want to I want to give a quick caveat to that. Yeah. Which is if you have to choose between the two.

David Stewart

Okay.

Dr. Michael Breus

It's the wake up time that's more important than the go to bedtime. Now, you might be wondering about that. Like, hold on a second, Michael. Why would the wake up time be more important than the go to bed time? So let me tell you the science behind it, because it's actually quite fascinating when you wake up in the morning at a consistent time.

Dr. Michael Breus

Let's say it's 615, because that's roughly the time that I wake up without an alarm. When sunlight hits your eyeball, you have special cells in your eyeballs called Melanopsin cells. These turn off the melatonin faucet in your brain, which allows you to kind of clear the brain fog and wake up. Now, that is a very well known scientific fact, and the more consistent you are with it, the more your body can expect.

Dr. Michael Breus

When to turn off the melatonin faucet seems pretty logical, but there's another fact that very few people know about, which is when it turns off the faucet in your head. It sets a timer for roughly 16, 14, 15, 15 hours later to start melatonin. So if you get up at 631 day and it says to wake up to start melatonin 14 hours later, and then you sleep in on Saturday morning until 830, guess what?

Dr. Michael Breus

It doesn't self adjust. Melatonin is again going to becoming 15 hours later, which means you're going to naturally go to bed later if you sleep in, you see the cycle where it's going. It's just headed in the wrong frickin direction the whole way. But if you keep your wake up time consistent and I mean seven days a week consistent, which I know that kind of sucks.

Dr. Michael Breus

Like people don't like to wake up at 615 on Saturday at 615 on Sunday. Trust me. Just do it. Your entire circadian cycle ups every single time you do and resets that melatonin. And within about 7 to 10 days. Number one, you'll do it naturally. It only takes 7 to 10 days, by the way, for your body to adjust to that.

Dr. Michael Breus

And number two, your body starts functioning better. So there's one thing you take away from all this besides by my book, which is always the thing I want people to take away from this is wake up at the same time every single day.

David Stewart

So that I got a question for you here, IRA.

Dr. Michael Breus

Way, bro.

David Stewart

So we've got you go through different sleep cycles right during the night. So there's 4 or 5.

Dr. Michael Breus

So there's so there's sleep stages sleep and there's sleep cycles. Sleep stages or stages 123 and four. And REM sleep cycle is about a 90 minute progression where you go through those stages in a very particular order.

David Stewart

Gotcha. And so how many those do you go through in a night?

Dr. Michael Breus

You have five sleep cycles.

David Stewart

You get five. And does each sleep cycle include REM and deep?

Dr. Michael Breus

It does, but in different amounts depending upon where you are in the night.

David Stewart

Help me out on that.

Dr. Michael Breus

So if it's the beginning, if it's the first third of the night, you get more stage 3 or 4 and very, very little REM. In some cases, you may only get 30s to a minute of REM, but you could get an hour and a half of stage 3 or 4 in the back half of the night. The last third of the night.

Dr. Michael Breus

You might only get 2 or 3 minutes of stage three and four, but you might get an hour of REM. So the question is what is REM do and what is stage three and four do? And why is my body stacking it like that? Is there is there a purpose to this? So stage three and four sleep is your physical restoration right.

Dr. Michael Breus

This is like bringing your car into the body shop and getting the dinks and the dents and all that kind of crap pulled out of it. Mother nature decided to have that happen first. And here's why. If you get disrupted in the middle after three hours of sleep, you need this unit, meaning your body to be able to hop up and get you the heck out of there.

Dr. Michael Breus

And so that restorative nature of it becomes very, very important. REM sleep, believe it or not, is really more mental restoration. Not physical restoration. So if you wake up after three hours, you can get up. You might not know exactly which way you're going, but you will get up and you will be able to get out and move around.

Dr. Michael Breus

So from an evolutionary perspective, do we think that stage 3 or 4 sleep, that physical restoration comes first to avoid things like predators, survival, all of that kind of stuff. Whereas REM sleep again in the back half of the night is much more for kind of memory attention focused acts. First up.

David Stewart

That is so interesting. I wear an aura ring and I do it so it breaks it down into like light sleep. REM and deep. And my deep is always frontloaded. And my REM, as.

Dr. Michael Breus
It should.

David Stewart
Be, is backloaded.

Dr. Michael Breus
Right. So that means you're you're a human. You're you're doing this the right way, brother.
Thank God.

David Stewart
So I had a few I let people know that I was speaking to you and, and some of our listeners wrote in and they have some questions here for you. Is it is that cool?

Dr. Michael Breus
I'd love it. Fire away.

David Stewart
Okay, so the first person I and I know this person, she says I am a I have a strong suspicion. I have a super sleeper, but actually she's using the wrong word there. She means super awake or it's like she's an elite sleeper. It runs in her family, so she's somebody who can, like, not sleep for like a couple of days and just sort of go, go, go.

Dr. Michael Breus
Okay, so that's not true. So let me tell you. So there are people in this universe that are called short sleepers. Okay. So they have a very particular genetic make up. Believe it or not, we can almost figure it out from like a 23 and me or an Ancestry.com. Where they will only require 2 to 3 hours of sleep a night and still function like a normal human I am.

Dr. Michael Breus
I am unaware of anybody who, genetically speaking, does not require sleep for 36, 48, 72 hours. It just doesn't work that way. Like the body just isn't attuned that way, right? It'd be interesting to see if that person uses any caffeine or stimulants to help keep them awake, or if

it's all just natural that they're not awake. They could be an extreme short sleeper, which would be hyper rare, but it would run in families, so that wouldn't necessarily be the craziest idea I've ever heard.

Dr. Michael Breus

But for most people out there, the lower level limit on sleep is about five and a half, five, and three quarter hours. Once you get less than that, your ability to drive a vehicle is highly fragmented and can be quite dangerous. You would actually be considered drunk behind the wheel if you get less than about five 5.5 hours of sleep just from a reaction time standpoint and and things of things of that nature.

Dr. Michael Breus

Upper level limit is about nine, 9.5 hours. Now you might be saying, well, can you sleep too much? Believe it or not, you kind of can. So if the body allows you to sleep more than nine hours, the red flag that's going up for me is quality, right? So remember, sleep is not just a quantity game, it's a quality game as well.

Dr. Michael Breus

And so if you're sleeping nine, ten, 11 hours, I mean, I got people who talk to me like Michael if I don't get my ten hours, you know, I'm done. The very first thing I want to do on that person is do a sleep study. I want to know what the quality of their sleep. Could. They have a mild case of sleep apnea, which is extending their sleep?

Dr. Michael Breus

Could they have a variant of narcolepsy restless leg syndrome? Those types of things are things that I would worry about. But for your average, normal, healthy human, I would argue somewhere between six and a half and probably eight, eight and a half is a reasonable range in which to function. Now my sleep I can't remember if I ever did I ever tell you the story about how I ended up only sleeping six hours and 15 minutes every night?

David Stewart

I'm dying to know.

Dr. Michael Breus

So I'm the sleep doctor and I'm here to tell you I only sleep six hours and 15 minutes. So I ran an experiment about the consistency of my sleep. So for for the experiment, what I decided to do was have consistency in my bed time, not my wake up time, because I wanted to see what time I would naturally wake up.

Dr. Michael Breus

I'm a midnight guy. I go to bed right around midnight. So when I first started the experiment, I would go to bed at midnight and I wake up around seven 3735 or so, keeping it as consistent as I could. Within a month I was waking up at 715. About two months later, I was waking up at 7:00 about three months after that, I was waking up at 645, all within a year.

Dr. Michael Breus

My body wouldn't allow me to sleep longer than six hours in about 15 minutes because of the consistency, and that I was sleeping within my chrono. Typical swim lane, if you will. Right? Because I'm a night owl. So all of the sudden I found this consolidation dude. I got like an hour and a half more to my day.

Dr. Michael Breus

Like, I literally found time in my day by having a more consistent sleep schedule based on my chronotype.

David Stewart

Okay, so I got to know some places you are in our ring. What's your what's your sleep efficiency?

Dr. Michael Breus

My sleep efficiency is actually quite high. It's usually in the 80s like 8590s or so, but my sleep score is not necessarily that high because I don't get a lot of sleep. And aura uses total sleep time as one of the factors in your total sleep score. And just for everybody's edification, I'm on or as bored. I am their chief sleep advisor.

Dr. Michael Breus

Surprise, surprise. And I just got the new the Series three ring. They just came out with the new one here. Yeah, and I like it a lot. It does some new interesting things for sure.

David Stewart

Yeah I just ordered one. The. So anyway, what now what I because what I'm wondering is has the amount of your deep and REM stayed the same and you've just become more efficient with that, and you've eliminated the light and all the rest of it? You don't really need.

Dr. Michael Breus

Yes. How did you do that?

David Stewart

I want to know how to do that.

Dr. Michael Breus

It's just by the consistency. I know it sounds like I'm giving you too easy of an answer. It's just by going to bed at midnight every single night. That really worked for me. Now you're a bear. So we would pick a different bedtime for you, per se, but in a lot of cases, it's literally about that level of consistency of the bedtime and the wake up time.

Dr. Michael Breus

And that just literally begins to shrink. And it's happened more. It's not like it just happened with me, almost all of my elite clients. So I also on the side, I'm a high performance sleep coach for like athletes and celebrities and people like that. And so with every single one of them, if I can get them to follow the schedule, every one of them benefits this way and they actually require less sleep now, it will change if you get sick.

Dr. Michael Breus

If you're ill, if you have Covid, things like that will obviously change the need, the sleep need that's required. But if you're generally healthy human, I can probably knock you down to six hours and 15 minutes. No problem.

David Stewart

I want to get this straight.

Dr. Michael Breus

So.

David Stewart

Because I want to be an elite sleeper. If I want to do this, all I have to do is just stay within my lane. So for me, I go to a ten, 15 or not even ten, ten, 14 every night. Come out. That's it. Perfect.

Dr. Michael Breus

Oh.

David Stewart

So if I just keep doing that for long enough period of.

Dr. Michael Breus

Time, exactly what will happen is, is that you're. So do you wake up using an alarm now. Never. Right. What time do you generally get up.

David Stewart

712.

Dr. Michael Breus

Perfect. So now you've layered it so you know kind of what your body needs. If you can layer that in for long enough, you should start to see that shrink.

David Stewart

Now we get a lot of people sometimes, myself included, who, you know, exercise. They do all the right stuff. They're not drinking at 900 healthy. But then they wake up at like 3:00.

Dr. Michael Breus

100%.

David Stewart

What's the solution?

Dr. Michael Breus

So I'll tell you, it's actually quite interesting. So this is the second most popular question that I get asked. The number one question I get asked is what bed should I buy? People always want to know about beds. The second most popular question I get is how do I turn my brain off at night? Which I think kind of falls into this category a little bit, because here's what happens is you wake up at 2:00 in the morning, you look at the clock, then you instantly do the mental math, and then you get pissed off.

Dr. Michael Breus

Oh shit, it's 330 in the morning. I've got to be up by six. I've only got 2.5 hours left. Sleep, sleep, sleep. And you try to force yourself to go back to sleep. Here's the thing. To sleep is a lot like love. The less you look for it, the more it shows up, right? So when you're out there looking for that person in your life who you wanted to spend the rest of your life with, you never found them when you were looking for them, but the moment you stopped looking so freaking hard, they wandered into your universe.

Dr. Michael Breus

And that's really how sleep works. So in the middle of the night, my first recommendation is, if it's at all possible, don't look at the clock. Now, I'm going to be real with you. I don't know anybody that doesn't look at the clock, okay? I've asked people to not look at the clock. For some reason. There's this compulsion that they have to know what time it is.

Dr. Michael Breus

Of course. So. So I'm going to work with you on this. You have to know what time it is. You got to change the audio engineer in your head. And instead of saying, oh, shit, you say, this is awesome and I'll tell you why. There's new data looking at non sleep deep rest. Okay, so this is lying in a quiescent position in the dark, eyes closed.

Dr. Michael Breus

But you're not asleep. There is a significant amount of rejuvenating value to doing just that. So here's what you do when you flip the script in your head and you say, shit, it's 330. Instead, what you're going to say is, this is awesome. I learned from Doctor Bruce and on the podcast that I can lie here awake, but still get some rejuvenation from this.

Dr. Michael Breus

I'm going to chill and relax, and if I fall back asleep, that's great. But if I don't, that's happened many times before. It's not going to be the end of the world and I'm going to be okay. What happens then is you lower that expectation dramatically and that actually lowers your anxiety, and then it allows the natural sleep process to kick back in and take over.

Dr. Michael Breus

And that's really you know, I always philosophically tell people sleep is about two things. It's about discipline and acceptance. Right? Discipline is I'm doing all the right stuff. I got good sleep hygiene and going to bed at the right time, blah, blah, blah. Acceptance is when something just goes wrong, which it does all the time. Right? So as an example, if something's going on with my daughter, it doesn't matter what I've done, I'm not going to sleep well.

Dr. Michael Breus

It just how I am, right? If something's going on with my son Cooper, I'm just not going to sleep well, because that's just who I am. Everybody has those instances or things in their life that are going to do that, and that is perfectly okay, right? Like, I want people to understand it's fine because nobody dies from insomnia.

Dr. Michael Breus

You might feel like you're going to, but I swear to you, you don't. So when you wake up in the middle of the night, if you can avoid it, don't look at the clock. If you can't and you just got to look at the clock, remember, you can get something that's of value to your body and your health without going back to sleep.

Dr. Michael Breus

And that's okay thing to do. And if that's all you get for the rest of the morning, you're still ahead of the game because otherwise you would have been up drinking a cup of coffee and not getting anything out of it. Right. I'm going to tell you a funny story, Leo I.

David Stewart

Did weeks ago. I don't look at my watch or the clock. I look outside, I wake up, I look outside, and it looks like it's getting late, I think, oh, okay. I'm really excited to get down on my spin bike. So I grab my phone, I go and I brush my teeth, and I look at my phone and I think there's something wrong with my phone because it's early.

David Stewart

No, it's 130 in the morning. Oh, God. I'm thinking like what? And I look outside. It was a full moon, right?

Dr. Michael Breus

Right, right. That's hilarious.

David Stewart

Like, oh my God, you idiot, go back to bed.

Dr. Michael Breus

That's hilarious. Sometimes I'll do the same thing. So what I'll do is if I wake up and it's the middle of the night, I kind of open one eye because we have a window that's by our bed and I'll just see if the sun is out. Because if the sun is starting to peek its head out, I know that I'm

probably need to get up in about 15 or 20 minutes, cause I like to get up right around, you know, daybreak.

Dr. Michael Breus

And by the way, if for folks out there who do like to get up around daybreak, there's actually data to suggest that watching the sun rise is very healthy for your circadian rhythms and very good for your eyeballs, like the rods and the cones and all the stuff that's inside there. It's very good for it. Now, to be clear, you don't need to stare at the sun, but you know, be outside, watch the sun rise and get that a light exposure in the morning.

Dr. Michael Breus

It'll turn off that melatonin faucet really quickly, and it's a nice way to start your day.

David Stewart

So there's some of these these wearables out there that are promising better sleep. Somebody wrote in about Code Apollo Neuro Brain tap, which I use.

Dr. Michael Breus

Yeah.

David Stewart

What what are your thoughts on these okay.

Dr. Michael Breus

So there's two different types of devices out there. There are trackers like we mentioned earlier, like Aura Ring. Full disclosure I'm on their board and I'm their chief sleep guy. To be fair, they have the most accurate tracker in the market and they proven it in the data. So they went head to head with Fitbit and all those other things.

Dr. Michael Breus

So if you're looking to track, I would recommend an aura over probably anything else, just from a pure accuracy standpoint. But you're talking about our what I call push technology. So aura is a pull technology, right? I'm getting data from my human subject. I'm then assessing it and I'm giving them information back. Push technologies. I'm going to put something into that human, whether it's a sound wave, it's a light wave.

Dr. Michael Breus

It's it's a haptic signal, whatever it happens to be. So there are devices now on the market and they're making some very interesting claims. My two favorite that are in this kind of genre that are not thermo regulatory because there's a bunch that actually regulate your body temperature. Our brain tap the one that you had mentioned and Apollo, both of these are very, very interesting.

Dr. Michael Breus

So Apollo I like the science behind it. And also I'm AI. So just so that your everybody out there is aware, I've spoken at length with people at Brain Tap. So I really do understand their science. And I do support them by selling their product. And the same with Apollo Neuro. I love their science. It's really interesting stuff.

Dr. Michael Breus

Apollo Neuro has got something that I've never seen done before. They actually can actually help change parasympathetic tone. So not to get too deep in the weeds on science, but you have a nervous system that is got sympathetic and Parasympathetic. So the sympathetic I always think of that old rolling Stone song sympathy for the devil. Right. So it's active and get you going.

Dr. Michael Breus

Parasympathetic is actually the rest and digest part of your nervous system. So what Apollo Neuro has been able to figure out how to do is with a particular frequency of haptic signal. So a little buzzing like you get on your watch or something like that at a very particular frame and signal and speed, it actually lowers your sympathetic and raises your parasympathetic.

Dr. Michael Breus

So it lowers your anxious side and it increases your relaxed side. So originally the device was being used for doctors for burnout. Doctor Dave Raybon, who is one of the founding guys there, he actually was doing it just for his buddies because they were all they all had burnout. They were air dogs. They were psychiatrist. There were a bunch of people who are like, this sucks.

Dr. Michael Breus

Like life is difficult. And then all of a sudden they started having this haptic signal and it worked out well for them. Secondly, they found it has a great effect on sleep. And so we're actually working now to to really understand that, even better, run some studies so that we can give people the real data behind it. But I personally use Apollo every day.

Dr. Michael Breus

I use it to wake up to. I really like the haptic signal that it gives this like nice, energetic morning kind of thing. So I really like that one. And I will use my brain tap. I'll be honest, I don't use it every day. I use brain tap probably twice a week. And sometimes I'll use it in replace of a nap.

Dr. Michael Breus

So I like to take an occasional nap during the daytime. It can be very helpful for energy focus, things like that. And some days, instead of actually cranking out, I'll use the brain tap. And it's a lot of fun. And so brain tap for folks who don't know it, it's got a headset system and an AI system, and you get lights and you get particular sounds at particular frequencies.

Dr. Michael Breus

And Doctor Patrick Porter has done an amazing job of detailing the science. So if people are interested in that product, you should definitely go to their website and check it out. I've been impressed with it so far, quite a bit, but those two technologies have been ones that I think are really interesting. The third is, like I mentioned before, the thermo regulatory technology that's out there.

Dr. Michael Breus

So if you're interested in chilly pads or things like that, these are things that you can put in your bed that can raise or lower the core, your core body temperature, which sleep seems to follow. That process. And so you can actually manipulate your sleep by getting hotter or colder.

David Stewart

So we all like the blue pill, right?

Dr. Michael Breus

Yes. The blue pill. This is the red pill right there.

David Stewart

The blue pill versus the red pill. So sleep meds melatonin CBD there's like there's a million of them. There's a million of them. What's the word.

Dr. Michael Breus

Okay. So here's the word number one I don't believe. Let me back up I'm not even going to make that statement. There are people in this world that need a pill to sleep, period. And that's okay. All right. If you are a paranoid schizophrenic, you may need Ambien to go to bed. That is

perfectly acceptable to me if you're bipolar, if you have major depression, all of these types of situations, if you and your psychiatrist have come to the conclusion that a pharmaceutical aid is helping you get the rest that you need, don't change.

Dr. Michael Breus

Okay? No no no no. Talk with your psychiatrist. Talk with your doctor. Talk with them before you do anything. Am I a big fan of pharmaceutical sleep? No, I'm really not. To be honest with you. It's different than regular sleep. But if you ain't going to get any sleep, it's better than no sleep for sure. Here's what I like to do is I like to look at people's deficiencies first before I start saying, hey, try Valerian or try Gaba or try this.

Dr. Michael Breus

So what I ask people to do is go to your doctor and say, I'd like to do a blood test where I test my melatonin, my magnesium, my vitamin D, and my iron. Specifically in iron, you want to test something called ferritin. So here's why you want to test ferritin. There's a there's several studies to show that low levels of ferritin can give you restless leg type symptomatology.

Dr. Michael Breus

We get a creepy crawly feeling on your legs and you can't fall asleep. It's actually very easy to treat without having to use big bad drugs to do it, just like giving people better iron. So that's one thing that I want you to check. Most people are deficient in vitamin D. Many people don't know this. Vitamin D is a circadian pacemaker and it also gives you energy.

Dr. Michael Breus

I personally take 10,000 international units of vitamin D every single day. I recommend it to people. Talk with your doctor first, but it is definitely one of those things and it's cheap. You can get D3 at like, you know, the drugstore for like eight bucks for like a gazillion of them.

David Stewart

Michael, what's your vitamin D level in your blood?

Dr. Michael Breus

So that's a so it's a great question. So looking through absorption becomes an issue as well. So one of the things that I'm right now searching for is to find a better way to absorb vitamin D. Now to be fair, I'm in the sunshine every single. I mean, we live in Southern California, so I have the fortunate good fortune of having sunshine like 300 days a year.

Dr. Michael Breus

So I try to do that, but my vitamin D levels aren't fantastic. I think I was in the like 50 range, 55 range, and I take 10,000 units a day. So absorption is an issue. So we're trying to find better ways for me to absorb vitamin D for my body. And so we're actually walking down that path right now I'm starting to learn a little bit more about my body chemistry, which is kind of cool.

Dr. Michael Breus

Magnesium is the other biggie. So many people are deficient.

David Stewart

I take calm before I go to bed.

Dr. Michael Breus

So I like calm. Calm has got it. So what if folks don't know? Calm is a powder. It's a magnesium powder. Now if you're looking to if you get a result that says you have low levels of magnesium, believe it or not, there's six different types of magnesium. The one that seems to help sleep the most is called magnesium.

Dr. Michael Breus

308 like the number three. So it's, three oh, NATO magnesium three and eight appears to have the best absorption and the biggest effect on sleep. Next would be magnesium glycine eight. Because that is a big one. And I think that's the one that's used in calm. But don't quote me on that. Citrate. But citrate is the third one that I would that I would recommend.

Dr. Michael Breus

Again, absorption effects on sleep things of that nature. Now I will I want to go back to vitamin D for just a second and give people a little kind of warning. With vitamin D in particular, we now know that 98% of the Covid deaths are in people who are vitamin D deficient, 98%. Okay, so it's not a small number.

Dr. Michael Breus

I'm not suggesting that if you take vitamin D, you're not going to die from Covid. But what I am telling you is you should take more vitamin D.

David Stewart

Yeah, it's a huge component of the immune system.

Dr. Michael Breus

It's a massive component of the immune system. It does a lot of very interesting things. Obviously you want the kind that absorbs the best and that's going to have some variability on you based on your age, your gender, your medical condition, blood chemistry, things like that.

David Stewart

You mentioned that vitamin D is involved with circadian rhythm. So but it takes a while to like cycle up in the bloodstream. So it doesn't really matter what time of day. Like do you have to take it at a certain time of day.

Dr. Michael Breus

So I will tell you. So no you don't have to take it at a certain time of day. I will take you. I take mine in the mornings. And to be very honest with you, I notice when I don't take it, I don't know what it is. It just feels like I'm off. It just feels like I'm not kind of on my regular pace.

Dr. Michael Breus

So for me, I take it every morning and that, you know, right when I wake up type of thing and it works out well.

David Stewart

Yeah, I've been taking vitamin D, I've started taking 5000 international units a day and but it took me a year to get my level from 35 to 45.

Dr. Michael Breus

I told.

David Stewart

You. And and now I'm in. Now sort of. I go like every other day. I do like 5001 day, 10,000. The next day. Does. It just seems like an insane amount a day.

Dr. Michael Breus

It sounds like it's an insane amount to take, but it's literally one of these itty bitty, teeny tiny pills. I'm currently searching for something that's got a little bit better absorption than regular old D3. And that's why I also kind of supplement with sunlight. And I'm serious. I spend 15 minutes in the sun. And by the way, that's the only that's the amount of time that you need for your body to actually start to generate vitamin D is 15 minutes in the sun.

Dr. Michael Breus

You don't have to be up there for hours. And I'd be lying at the beach. So getting back to your original question about supplements and yeah, and medications, my first thing is bloodwork. I want to make sure the body isn't deficient in something that we're trying to replace it for. So I'd rather we work on your vitamin D and your magnesium and your iron to make sure that those are all functioning properly first.

Dr. Michael Breus

Now, if those are all good, then we get into what are the supplements that are out there and when should I use them. So as an example, melatonin is a supplement that many, many people use. So let's talk just really briefly about what is melatonin and how does it work. Remember guys melatonin is a hormone. It's not a route.

Dr. Michael Breus

It's not a supplement. It's a hormone that got under the FDA guys because it wasn't classified as something that the FDA had to regulate. Here's the problem. You can put just about any amount of melatonin in anything that you want, and it's perfectly legal to do the appropriate dose based on the data out of MIT is between a half and 1.5mg.

Dr. Michael Breus

95% of melatonin is sold in an over dosage format, meaning they're in three, five, even ten milligrams. Okay, this is terrible. This is the reason why so many people say to me, I take melatonin and it gives me crazy dreams. Well, the number one side effect for overdosing is really vivid dreams. So I'm always telling people less is more with melatonin for sure.

Dr. Michael Breus

Also, by the way, there was a study about two years ago where they put 15 bottles of melatonin off the shelf, all different brands, and looked at the amounts that were in each pill. Not one of them was what it said on the label. Not one half of them were over and half of them were under roughly.

Dr. Michael Breus

So you may not be getting what you think you're getting.

David Stewart

And do you want do you want the melatonin to start the sleep cycle, or do you want it consistent through? Do you want time release or do you want it in the beginning?

Dr. Michael Breus

So honestly, time released melatonin sounds like the stupidest idea in the universe to me. Because why would you want more melatonin halfway through the night? Your body is here's the thing that people don't understand your body's already producing melatonin. 95% of people have plenty of melatonin on board. It might not show up at the right time because remember we were talking about how if you change your bed time and your wake up time, your melatonin gets all wonky.

Dr. Michael Breus

That's really what's happening. People are sticking a supplement in them that nine times out of ten, they really don't need. If they just had a consistent wake up time and a consistent bedtime, there'd be no need for them to take melatonin.

David Stewart

Wow. Right on. I hope you're enjoying this episode so far. Don't go anywhere. We'll be right back with Doctor Michael Bruce after a quick word from the companies that make this show possible. I was a minority customer for a year, and I'm so pleased to now have them as a sponsor of this podcast. This, I gotta say, is the best protein I have ever had.

David Stewart

If you want to get all the benefits of high quality red meat without the junk, here's what makes Maui new really special. This is not farmed meat. It comes from wild access tier. Now these are not good guys. They are an invasive species in Hawaii causing havoc on the local ecosystem by harvesting these animals humanely, Maui Nui is restoring the balance to the environment while providing one of the most sustainable, ethical meat options out there.

David Stewart

You're not just eating better, you're doing better. It's lean, it's clean. It's free from all the additives and stress hormones you'd normally find in conventionally raised meat. Their starter box is a great way to begin with premium cuts, step by step cooking tips, or just stock up on the sticks and bone broth and keep it easy. So if you're someone who cares about health, performance, and the planet, ditch the beef.

David Stewart

Go to Maui Nui events [in.com/adjust](https://mauinui.com/adjust) or click on the link in our show notes and try a better red meat. At this point in life, I've realized that recovery is not optional. It's essential after a long day, whether it's a workout, travel, or just the stress of juggling way too much. I don't want another app, another pill, another thing to think about.

David Stewart

I want something that works. Enter the bond charge red light panel. This is not some wellness. Woo woo. This is real science. I use mine in the morning to energize my system and again at night to help my body wind down and repair is become as routine as brushing my teeth. And here's what's interesting. It's not just about skin or muscles.

David Stewart

It's cellular. It's mitochondrial. It's like plugging your body into a charger. We're in the second half of the game, and how we show up now means everything. Bond charge helps me show up better, brighter, stronger. Use code ages 15 to save 15% at checkout. Try it. Your future self will thank you. I can't wait to get this book.

Dr. Michael Breus

I'm so psyched I just I'm thanks bro.

David Stewart

I'm an optimizer.

Dr. Michael Breus

Michael, I know this is your this is up your alley. Oh, and I've got a couple of other fun things to tell your audience about products that I started working with that I love right now. Yeah. So about so remember air is your important fuel factor for sure. There was a great book that came out not too long ago by James Nestor called Breath, James's Dear Friend, and he talked about mouth tapping.

Dr. Michael Breus

He talked about the importance of breathing through your nose, all things I'm a fan of. Just to be clear, for mouth taping, you do not go horizontal with duct tape. You take a very small piece up and down vertically. Medical tape preferably, so you don't rip your lips off. And please get tested for sleep apnea before you try to take your mouth, because that could be an issue as well.

Dr. Michael Breus

So breathing becomes ultimately one of those super wait, what was the question one more time? I just lost my train of thought.

David Stewart

You were going to tell me some interesting things that you've been working on.

Dr. Michael Breus

Oh, but I've been working on breathing. So looking at breathing, you need to have clear nose because we want air goes through. So our nose is meant for breathing and our mouth is meant for eating. So how do we keep a clear nose. So I get nasal congestion. So number one we have three pets in our house. We have two dogs and a cat.

Dr. Michael Breus

And so there's pet dander. I mean it doesn't matter how clean you keep your place, there's going to be pet dander. Right. And so I actually use this. So this is a crazy looking thing. It's called a sign. Use Sonic Psi and you Sonic sign you Sonic. So this uses acoustic vibrations and it replaces Afrin. Flonase. All of the above okay, so two minutes breathing in and out.

Dr. Michael Breus

It has an acoustic vibratory mechanism in here. You breathe out against.

David Stewart

It is the weirdest looking thing I've ever seen.

Dr. Michael Breus

Isn't it bizarre? But here's the thing it's not that dissimilar than a breathing treatment for an asthma patient. So people people can kind of look at that. But you just kind of.

Dr. Michael Breus

Just like that. And it you do it for two minutes in the morning and two minutes at night. So you and I do breathwork occasionally in the mornings together. So I do this before breathwork every single time. And it opens up my sinuses, and it allows me to hold my breath longer and allows me to get deeper breaths.

Dr. Michael Breus

So that is pretty cool.

David Stewart

I'm thinking Frank Blue Velvet. I'm just saying, I.

Dr. Michael Breus

Know it definitely looks very blue velvet, but you know, he had the oxygen mask. You know, Dennis Hopper was much different in that role than you and I will ever be, I can assure you of that. But great movie reference. So that's one thing that I like. And then there's a second one I want to tell people about.

Dr. Michael Breus

This is actually a new product. I just started working with it. But the science is out of control. It's called nap jitsu. Okay. So as as my optimizer friend, I'm sure your eye piqued your interest. So I'm a fan of naps if you need one, but you need to understand that you don't want to nap too long. Because then you feel like crap, but you also don't want to nap too short because it doesn't necessarily give you the benefits.

Dr. Michael Breus

So a while ago, I think the last time I was on your show, I talked about an idea I had called a nap, a latte where you drink a cup of black coffee first, then you take your nap, and when you wake up, the caffeine kicks in and you're good for four hours, right? Yeah. This is like next level nap a lot.

Dr. Michael Breus

Okay. So here's what it does is there's and but guess what. There's blue pills and purple pills.

David Stewart

No I love.

Dr. Michael Breus

That. There's blue pills and purple pills and so what you do is the blue pill is a very mild sedative. So it's got a little bit of passionflower in it. It's got a little bit of valerian in it. It's got a little bit of five HTP in it. Again, just to help you fall asleep to take a 30 minute nap.

Dr. Michael Breus

But then what kicks in, which is time-released not like melatonin, which is a stupid idea, but this one is a good one. Caffeine and 650mg of nootropics.

David Stewart

What are the nootropics?

Dr. Michael Breus

All right. I knew you were going to ask me that. And the print is really small, so hold on. I'm going to read it to you. So you got to give me two seconds. But where am I? Let's see. Jessica. She's the one who. There we go. Okay, so in the two capsules is caffeine and then guarana seed extract, which is also caffeine.

Dr. Michael Breus

Right. Cordyceps mushrooms, ginkgo, Gaba, L glutamine, L tyrosine and ginseng. So it's all stuff that's readily bioavailable that can come on quickly and allow you to feel a level of focus and a level of comfort there. So I've, I've been playing around with it for the last three weeks. I love it. It's like my now. It's like my super secret weapon.

Dr. Michael Breus

And I'll tell you what, people are finding it good for, like right before the gym, right? Like you want to take a nap, get your nootropic on, and then you can focus and get through your gym. If you're running, it's a great one. It's a great one for a nap before a run. I've noticed that's been kind of it.

Dr. Michael Breus

Like I play around with it at different times of day to see when I can make it most effective for me, but it's actually pretty cool.

David Stewart

Better living through science.

Dr. Michael Breus

There you go, bro.

David Stewart

That's awesome. Michael, you're just you're just awesome. I I'm so, you know, this is the third time we've spoken on the show, and every time I feel like you blow my mind with something or other, I've been. You know, I. I haven't been going to breathwork in the morning because I've been training myself. Oh, I get on my spin bike and I force myself to nose.

David Stewart

Breathe. Perfect is like. And is. It gets really.

Dr. Michael Breus

Hard. I can teach you how an easy way to do that. Well, so here's what you do before you get on the bike. Fill your mouth with water and then don't swallow it.

David Stewart

It sounds like an Apache Indian trick.

Dr. Michael Breus

You will breathe through your nose. Guaranteed. We did that on remember I told you that? Except that.

David Stewart

I have a weird thing.

Dr. Michael Breus

With Laird and Gabby. They had us do a mile run with water in our mouth. And at the end, if you didn't spit the water out, you had to run it again. With water in. It's awesome.

David Stewart

I feel like sometime we should do a whole show on the XPT near-death experiences. There's just like a series of them.

Dr. Michael Breus

It was fun. It was what I look and I tell you, I had a great time because.

David Stewart

It's like recreational waterboarding.

Dr. Michael Breus

I know pretty much crazy.

David Stewart

Michael, this is this is wonderful. Thank you so much.

Dr. Michael Breus

Thank you for having me. For folks out there who want to learn more, if you go to Doc Energize myself.com, you can hear all about the book. If you just want to go to Barnes and Noble or Amazon and buy the book, it's called energize or if you want to learn more about me, you can wander over to my website, which is the Sleep Doctor com, and I have that as my social handle for Twitter, Facebook, YouTube, TikTok.

Dr. Michael Breus

Would you believe I have a TikTok video that's got 1.5 million views right now?

David Stewart

I'm gonna go there right after we do this. I need to go to TikTok.

Dr. Michael Breus

Go to TikTok and search for sleep. Doctor, you're going to be shocked. That's hilarious.

David Stewart

And for anybody who has a sleep disorder, Michael's the guy. You want to. You want to speak to him? Get. Get yourself straight.

Dr. Michael Breus

Absolutely, absolutely. Thanks, guys. It has been awesome to be here. And once again, if you're not reading the whole newsletter, you're missing out. I'm telling you the stories in it and the photography is spectacular. It's a real joy. So really well done.