

Deep Sleep

Improving your deep sleep is one of the most powerful ways to support your overall health, performance in the gym, and long-term body composition goals. Deep sleep is the stage where your body releases growth hormone, repairs muscle tissue, consolidates memories, and restores energy for the next day. If your deep sleep is consistently poor, recovery slows down, fat loss becomes harder, and your ability to build muscle is compromised. By optimising your sleep habits, you not only improve your energy and focus, but also give your body the best chance to adapt to training, burn fat more efficiently, and build lean muscle.

1. Optimise Sleep Environment

- Cool room temperature: 16–19°C is ideal for most people. A cooler environment helps your core temperature drop, which promotes deeper sleep.
- Darkness: Use blackout curtains or a sleep mask. Even small amounts of light can reduce melatonin.
- Quiet (or controlled sound): White noise or pink noise can reduce disturbances and help you stay in deep sleep cycles.

2. Keep a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even weekends.
- Your brain learns when to release melatonin and when to enter deep sleep if you keep a rhythm.

3. Exercise Smartly

- Regular exercise increases slow-wave sleep.
- Aim for morning or afternoon training. Hard evening sessions too close to bed can elevate core temperature and cortisol, making deep sleep harder.

4. Nutrition & Hydration

- Protein & slow-digesting carbs in the evening (e.g., Greek yoghurt with berries, oats, or rice) may support serotonin and deep sleep.
- Avoid large, fatty, or spicy meals right before bed.
- Reduce alcohol: it may knock you out quickly but dramatically reduces slow-wave and REM sleep.
- Avoid excess caffeine after mid-day (half-life is 6–8 hours).

5. Light Exposure

- Morning sunlight (10–20 minutes) anchors your circadian rhythm, helping melatonin rise in the evening.
- Dim lights at night and avoid bright screens at least 1 hour before bed. Blue light filters help, but full removal of bright/overhead light is best.

6. Manage Stress & Cortisol

- Pre-bed wind-down routine: reading, stretching, journalling, or breathwork.

- Nasal breathing and 4-7-8 breathing can lower heart rate and help you drift into deep sleep more easily. [Here's a useful link to how to do this breathwork!](#)

7. Supplements (if needed)

- Magnesium glycinate / threonate – supports relaxation and reduces nighttime awakenings.
- Glycine (3–5g) – can lower core body temp and improve slow-wave sleep.
- Ashwagandha or L-theanine – reduce stress response.
- Melatonin (low dose, 0.5–1mg) – only if circadian rhythm is disrupted (jet lag, shift work).

[Here is a good all in one for sleep](#) use practitioner code 3065293 to make an account

8. Track & Adjust

- Devices like Oura Ring, WHOOP, Garmin can give you a baseline on your deep sleep trends.
- Focus less on the nightly numbers, more on weekly averages and patterns.

Summary

Deep sleep improves most when you nail the basics: consistent schedule, cooler/darker/quiet bedroom, earlier daylight exposure, limited alcohol/caffeine, regular training, and a relaxing pre-bed routine. Supplements can help, but they're secondary to lifestyle.