



Sleep Hacks

Why Sleep Matters

Quality sleep is when your body repairs tissues, balances hormones, and detoxifies at a cellular level. Even the best peptide or supplement plan can't work if your recovery cycles are disrupted.

Simple Sleep Strategies

1. **Set a Consistent Bedtime & Wake Time.** Your brain loves routine—aim for the same schedule 7 days a week.
2. **Dim the Light, Calm the Mind.** Avoid screens 60 minutes before bed; use warm lighting or blue-light-blocking glasses.
3. **Cool, Dark, Quiet.** Ideal room temperature: 65–68 °F. Use blackout curtains or a sleep mask.
4. **Caffeine Curfew.** Stop caffeine 8 hours before bed (it has a long half-life).
5. **Magnesium Matters.** Consider a nightly magnesium glycinate supplement to support relaxation.
6. **Protein & Peptides at the Right Time.** Evening protein or peptides containing growth-hormone support can aid deep sleep—follow Dr. Dady's timing instructions.
7. **Support Your Adrenals.** Gentle breathing, mindfulness, or short meditation lowers cortisol before bed.
8. **Create a "Wind-Down Ritual".** Same 10-minute pattern nightly—stretch, journal, gratitude, herbal tea.
9. **Evaluate Sleep Environment.** Turn off Wi-Fi near the bed, keep your phone on airplane mode, and remove bright digital clocks.
10. **Test When It's More Than Insomnia.** If you wake 2–4 a.m. regularly, hormone or blood-sugar imbalance may be involved—Dr. Dady can order saliva or cortisol testing to find out.



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