



Table of Contents

Introduction: Why “Go to Bed”?	7
Part One: The Science of Sleep	11
What is Sleep?	12
The Purpose of Sleep.	13
Inactivity and Energy Conservation	13
Restoration	13
Synaptic Plasticity	14
Circadian Rhythm	19
Sleep Homeostasis	22
The Types and Stages of Sleep	15
Sleep-Wake Cycles: The Two Biological Mechanisms	19
Circadian Rhythm	19
Sleep Homeostasis	22
How Much Sleep Do We Need?	24
Sleep Debt	26
Part Two: Sleep and Health.	29
Inflammation	31
Autoimmune Disease	36
Weight Gain and Obesity	38
Hormones	38
Dopamine, Food, and Reward	43
The Hypothalamic-Pituitary Adrenocortical Axis (HPA)	47
Cortisol.	49
Cardiovascular Disease	51
Sex Hormones	53
Cognitive Function.	55
Attention	55
Decision Making	56
Memory	57
Mental Health	60
Affective Disorders	61
Psychotic Disorders	61
Personality Disorders	61
Conclusions	62

Part Three: Making Sleep a Priority	63
Entrenching Your Circadian Rhythm	65
When to Sleep	70
Naps	71
Biphasic Sleep	72
Sleep Hygiene	73
Noise	73
Temperature	74
Sleeping Position	74
Routine	76
Part Four: Beyond the Bedroom: Lifestyle Changes to Support Sleep ...	81
Dietary Suggestions	83
Paleo: The Ultimate Anti-Inflammatory Diet	83
Eating to Promote Hormone Regulation	86
Melatonin	90
Eating the Rainbow	90
Polyphenols	91
Chlorophyll	93
Carotenoids	93
Isothiocyanates	94
Organosulfur Compounds	94
Plant Sterols and Stanols	95
Fiber: It's Kind of a Big Deal!	95
The Many Types of Fiber	98
The Main Classes of Fiber	100
Tips and Tricks to Get More Fiber	106
Fiber Tables	107
Nutrients to Improve Sleep	113
Exercise	115
Meditation	118
Part Five: Troubleshooting Sleep Problems	123
Chronic Stress and Cortisol Dysregulation	125
Lifestyle Changes	125
Endorphins	126
Caffeine	127
Supplements to Support Sleep:	128
A Careful Review of the Evidence	128

Magnesium	128
Melatonin	129
L-Theanine	129
Tryptophan	130
GABA	131
Complementary and Alternative Medicine Treatments . . .	131
The Bottom Line	132
Pharmaceutical Sleep Aids	133
Over-the-Counter Aids	133
Prescription Sleep Aids	134
Part Six: Sleep Pathologies	137
Insomnias	139
Parasomnias	141
Hypersomnia	142
Sleep-Related Breathing Disorders	143
Sleep-Related Movement Disorders	144
Circadian Rhythm Sleep-Wake Disorders	145
Diagnosing a Sleep Disorder	146
Polysomnogram	146
Multiple Sleep Latency Test (MSLT)	147
Maintenance of Wakefulness Test (MWT)	147
Actigraphy	147
After the Diagnosis	148
Part Seven: Now, Let's Go to Bed!	149
Put Sleep at the Top of the To-Do List	151
Creating Time for Sleep	151
The Importance of Support	153
Stuff That's Harder to Control	155
Habit Formation	160
Sleep Checklist	163
Why a 14-Day Go to Bed Challenge?	166
The Power of Journaling for Positive Self-Change	168
Tracking Sleep Quantity and Quality	171
Sleep Trackers	171
Sleep Journal	171
Sleep Score	172
Quantity vs. Quality	173
Sleep Aid Shopping Spree	174

Part Eight: The 14-Day Go to Bed Challenge	161
The 14-Day Go to Bed Challenge Roadmap	185
Before You Begin	186
Choose When to Do Your Challenge	187
How to Join a Group Go to Bed Challenge	187
Get Your Bedroom Ready and the Gear You Need	189
Shore Up Your Support Network	190
Get the Family on Board!	190
Pre-Challenge Sleep Score Survey	191
Get Your Journaling On	191
My Sleep Score	192
Challenge Modifications to Suit Individual Needs	192
Before You Begin Quick-Start Checklist	194
Online Support and Inspiration	196
The 14-Day Go to Bed Challenge	198
Day 1	198
Day 2	200
Day 3	202
Day 4	204
Day 5	206
Day 6	208
Day 7	210
Day 8	212
Day 9	214
Day 10	216
Day 11	218
Day 12	220
Day 13	222
Day 14	224
Post-Challenge Reflection	226
What to Expect During Your Challenge	227
After the Challenge	233
Part Nine: Frequently Asked Questions	235
During the Challenge	236
After the Challenge	239
References	243
Printables	263