

## Sleep - Hacks, Supplements, and Routines for Better Sleep

- **Sleep's Role:** Getting 6.5-7.5 hours of sleep is crucial for overall health and longevity. Sleep helps the body recover and repair.
- **The 10-3-2-1-0 Rule:** A simple bedtime routine for better sleep quality:
  - 10 hours before bed: No caffeine
  - 3 hours before bed: No food or alcohol
  - 2 hours before bed: Stop work-related activities
  - 1 hour before bed: Avoid screens
  - 0 snooze button: Wake up immediately
- **Creating a Restful Environment:** Keep your bedroom clean, dark, and comfortable. Invest in quality bedding to enhance comfort.
- **Sleep Supplements:** Magnesium (for relaxation), theanine (calming effect), and melatonin (sleep hormone) can support better sleep, but use them carefully.

By following these strategies and establishing a healthy sleep routine, you can improve sleep quality, energy, and overall health.