

QUOTES, QUIBBLE, QUESTION

18TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week is focused on Sleep – The power that is hidden behind the eyes

Sleep is a fascinating aspect of our lives that ties directly into our productivity. Think about it: that nightly journey into slumber isn't just about resting or recharging; it's a critical component in how well we function during our waking hours.

When we sleep, our brains are far from idle. They're like bustling cities, cleaning up, consolidating memories, and processing the day's events. This downtime is crucial for our cognitive processes. Imagine it as the brain's way of organizing files, defragmenting its hard drive, and getting ready for the next day's tasks.

QUOTES

"Sleep is that golden chain that ties health and our bodies together." - [Thomas Dekker](#)

"The best bridge between despair and hope is a good night's sleep." - [E. Joseph Cossman](#)

"To achieve the impossible dream, try going to sleep." - [Joan Klempner](#)

"People who say they sleep like a baby usually don't have one." - [Leo J. Burke](#)

Q U I B B L E

Here's where it gets intriguing—sleep isn't just a switch we flick on and off. It's a complex process with various stages, from light sleep to deep sleep and finally, REM (rapid eye movement) sleep. Each stage plays a role in different aspects of our physical and mental restoration.

Productivity is intrinsically linked to the quality and duration of our sleep. Have you noticed how after a night of poor sleep, your focus wanes, your decision-making abilities dwindle, and even the simplest tasks seem daunting? That's the sleep-deprived brain in action, struggling to cope with the demands of the day.

On the flip side, a good night's sleep can be a game-changer. Imagine waking up refreshed, alert, and ready to tackle challenges head-on. Your brain is firing on all cylinders, creativity flows effortlessly, problem-solving becomes smoother, and your overall mood tends to be brighter.

Steven Bartlett's exploration of this topic probably highlighted how high-performing individuals often prioritize sleep as a crucial component of their success. It's not about burning the midnight oil; it's about allowing your brain the necessary downtime to excel during the day.

While some wear sleep deprivation as a badge of honor, claiming success comes to the tireless, the truth often whispers a different tale. In the pursuit of success, sleep is not an obstacle to conquer but a vital ally to embrace. Quality rest isn't the adversary of ambition; it's the fuel that powers clarity, creativity, and sustained productivity. Success isn't about sacrificing sleep on the altar of hard work; it's about understanding that a well-rested mind and body are the bedrock upon which great achievements are built. In the dance of dreams and determination, sleep isn't the hindrance to victory; it's the silent partner that ensures the journey is sustainable and the destination worthwhile.

Q U E S T I O N

How might you change your sleep habits that are not fuelling your future?

My thoughts as a starting point are:

Wake up and go to be at the same time every day. Or if you can't do that, at least try to wake up every day at the same time.

Once your awake, get as much natural light exposure as you can.

Don't exercise before bed – you will find yourself not being able to reduce your heart rate.

Do have sex before sleep – it releases the right chemicals.

Consider your food cycle, eat lunch at 11 and don't eat food 2-3 hours before bed.

Remember, everyone is unique, and you will need to work out what works for you.

You spend more time in bed than you do at work or with friends and family, so make it count towards a better future for you.

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at matt@thecoachingguy.co.uk