

**EPISODE 239**

[INTRODUCTION]

**[00:00:10] AVH:** Hey everybody, thanks for being here and spending some of your time with me. My name is Ashleigh VanHouten and I'm the host of Paleo Magazine Radio. Now, if you've listened to this podcast much, you have probably already heard me oversharing about my challenges with sleep which as you probably know is a massive, perhaps the biggest piece of the health puzzle, more so even than food and exercise in a lot of cases because sleep really just affects everything in your life, from your mood, to your brain function, to your physical performance.

It's one of the tougher habits I think to improve because there are so many elements that go into having good or bad sleep and these elements are taking place all throughout the day and every facet of what you're doing from work to stress to relationships, to the food you're eating and just so many things.

It's easy to get kind of stressed out and anxious about it which of course, makes it even harder to get a good sleep. I also think maybe you guys feel differently but I think it's one of the sort of less sexy self-improvement projects, right? Like, when you think about embarking on a new diet or you think about a new workout plan.

That stuff's kind of exciting and it's new and you can get really revved up about it but being told that you just need to get better sleep. I don't know, it doesn't have the same appeal but maybe that's me. Anyway, I think it's time that we all get on board with getting better sleep and I'm hoping that my chat today with sleep expert, Dr. Rebecca Robbins will give us some tangible advice to help us do just that.

Dr. Robbins is a post-doctoral fellow at the NYU school of medicine where she leads a funded study called Tailored Approach to Sleep Health Education. Which is a project that develops materials to put on awareness about sleep and sleep disorders and minority populations. She also – this is how I found out about Dr. Robbins is the official sleep consultant at the Benjamin

Hotel in New York City, which has developed a full sleep program for guests, which includes a pillow menu you can choose from.

Sleep masks, ear plugs, blackout curtains, on demand meditation and a lot more, it's such a cool program, it's definitely a boutique hotel but it's something that I'm seeing pop up more and more, it's still pretty rare in hospitality situations but as more and more of us are really kind of becoming educated and want to be healthy no matter what we're doing, even if we're traveling or we're on vacation or for work, these kinds of things are starting to happen and I think it's just a cool program that I want to ask her about. She also coauthored a book called *Sleep For Success: Everything You Must Know About Sleep but are Too Tired To Ask*, which I love.

I hope you enjoy this interview, I think she's going to give us a lot of good information but before we dive into it, here is a bit of information about our show sponsor, Bonafied Provision.

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**[00:02:54] AVH:** Bonafied Provisions is a family owned company founded by a clinical nutritionist that makes real organic bone broth the way it's been done for hundreds of years, using only bones, no filler stock and slow simmering for 18 to 48 hours. Then it's frozen at the peak of freshness and you can try a number of flavors, they've got chicken, beef or turkey, as well as their frontier blend which also includes lamb and bison which you know I'm into.

These bone broths, they make a perfect comfort cup. Like in the morning or the evening, it's a great replacement for coffee or tea, if you're trying to boost your nutrients but cut back on caffeine. They've also recently launched a line of soups that combine bone broth and organic vegetables and they have flavors like butternut squash and creamy mushroom and chicken vegetable, I can tell you're getting hungry, I can just like tell that you're drooling.

I personally love bone broth but if it was up to me to make it myself. I just wouldn't have it as much as I'd like to because honestly, it's kind of a lot of work but Bonafied takes the work out and does it for you and gives you the highest quality bone broth possible. They're going to be even nicer by giving us a discount on any Bonafied products when you use the code, only bones at checkout. Go to [Bonafiedprovisions.com](http://Bonafiedprovisions.com) and order now and you'll thank me later.

[INTERVIEW]

**[0:04:14.4] AVH:** All right, Dr. Robbins, thank you so much for being here today, welcome to the podcast.

**[0:04:18.2] RR:** Hi Ashleigh, it's great to be with you.

**[0:04:20.7] AVH:** Great. I'd love just to kind of initially get started before we get into all of the questions that I have for you. If you could kind of just give our listeners a quick background on who you are and what you do?

**[0:04:30.6] RR:** Certainly, I'm a sleep researcher at the NYU school of medicine where our work in our lab here looks at the critical link between sleep and our waking success and importantly, strategies and curricula and projects that help people realize that benefit of rest and put in a little bit higher on their priority list and really understanding how to impart the strategies that will put a good night's rest in all of our reach.

**[0:04:58.1] AVH:** Okay, what made you decide to focus on sleep for your work? Why do you think that it's something that may be is so important that we're still not kind of respecting as much as we should.

**[0:05:09.1] RR:** That's a good question, why? I've been always been very interested in health since I was in fitness and you know, making healthy foods for myself and my family and I started doing research and sleep about over a decade now ago and I just was so blown away by the connections between sleep and host of issues.

When we cut our sleep short unfortunately, There are tremendous amount off health risks that spike. Our performance tomorrow declines, our mood is one of the first things to go. We become more irritable and more anxious. But in the long term when we consistently deprive ourselves of sleep, it has such tremendous negative consequences for our overall ability to fend off chronic disease to live a long, healthy life. When I started reading the literature, I just

became so excited by these connections, you know, about the role of insufficient sleep but then conversely, when we can make –

We can elevate sleep and as a priority for the population, impart the strategies that can help offer the biggest benefit to the quality and quantity of our sleep at night. That there's almost a reversal of all of those negative effects that we see of sleep deprivation. Conversely, our mood it goes out, we're more efficient the next day, we're happier, we're healthier, if we go to the gym, our exercise is more efficient and then we're seeing down the line that we are able to better protect ourselves from adverse events and our health and then safety risks as well.

Being able to be alert behind the wheel of a car for instance. All of those things, really promoting sleep so that we might reap as a population that benefits are just so exciting to me and they're not always very difficult, the changes that we can make in our routines to reap all these benefits. I just make it very excited by that and by the opportunity there. Because if you think about it, we, as a culture, have really shifted, it's dramatic in the last 10 years to being largely health conscious, the advent of a whole set of leisure ware for athletics and gym attendance is up and there's greater attention to good nutrition and exercise.

Sleep is really is the next frontier because we, my research is often nothing terribly new that I'm telling people. It's often things that our mother taught us when we were young or our parent or caregiver and unfortunately, they can be a bit – sleep unfortunately has this connotation of you know, "I have to go to sleep." My vision is to really shift that paradigm and my career, you know, in a humble way to help people really fall in love with sleep and put it a little bit higher on their priority list.

**[0:07:51.2] AVH:** Right. Well, you're preaching to the choir with me because I'm currently wearing at leisure right now. I'm totally in that world but I also am somebody again, I'm really responding to what you're saying because I'm someone who cares a lot about health and wellness and fitness and that's entirely my life but I've also always felt like sleep was something that I had to do that it was more a necessary evil than something that I should love and desire and want all of the time.

If you can convince me, if you can change my attitude towards sleep then I think you could probably change anyone's. I actually came across your name when I learned that you were a sleep consultant for the Benjamin Hotel in New York and I think this is such a cool concept. I'd love for you to tell our listeners about it because I've worked – this is completely separate to the health and fitness world but I've worked in publications that deal with hospitality.

Hotels and spas and resorts and things like that. Yeah, I'm seeing more and more that there are entire brands that are working towards being like wellness hotel brands and resorts that really cater to people who not just are looking to relax but are really trying to optimize their health and wellness and fitness and I thought that this sort of sleep program that the Benjamin Hotel is doing is really kind of like cutting edge and cool.

I'd love if you could kind of tell our listeners a little bit about how that works.

**[0:09:07.8] RR:** Thank you, this is a fun project. I started the hotel here in New York about five or – no, longer than that actually, just under a decade ago and they reached out when I was more junior in the field, my book had just come out and they reached out because they've had a long standing interest in sleep. Fabulous hotel here in midtown Manhattan and they had a really innovative idea, you know? Over a decade ago to train one of their lead concierge and sleep hygiene tips. I guess experiencing some insomnia could call down to the front desk and essentially have a conversation and a tutorial about how to get that rest.

This concept was very cutting edge, they contacted me to say, "Okay, we have this great program that's getting lots of great press and lots of great traction in our guests and our visitors to the hotel. How could we really ensure that our policies and our programs are very evidence based?" They reached out right at the time that they are going through a large renovation.

Again, my focus and my research is uncovering these small changes that offer the most benefit to our sleep and the bedroom is one such area. Often, I walk in to patients or friend's bedrooms even who ask me to take a look and there are 16 different blinking lights from cable boxes and cellphone chargers and so the bedroom is really a place where all of us, but also hotel can really make a lot of positive, they can expel changes, they got a long way for better sleep. That was a lot of fun to work with a built environment to make sure that the guest room design was

really adhering to the evidence space on what we know to be effective for the best rest at night and the bedroom really sets the stage for a good night's sleep.

You want to have the darkest room possible, really thick curtains, you want to reduce sound and you also want to create a space where you walk in, you're instantly relaxed. So, if your bedroom has for whatever reason, if you've had some insomnia or if you live in a small New York City apartment in New York, are going through some – a tough time, small things like you know, a fight with your boss or a difficult conversation with a loved one.

Life experiences can spur short term sleep difficulties and so then if you associate your bedroom with tossing and turning with stress, then unfortunately, those short term insomnias in terms can persist longer. Creating a space that is instantly relaxing with you know, neutral tones and you want to walk in and just a feel a sense of you know, "can't wait for sleep."

Then, you actually fall asleep faster without you even knowing it. That is one, in a small change that is really fun to see take form, take hold in this renovation of the hotel and so in addition to the built environment, we've done a lot of fun things, we've educated all of the employees and sleep medicine. I have gone, I do two of these programs every year to all of the employees to talk about sleep and really personalize their routine, the sleep hygiene and information into routines that the staff can use in their lives.

They're parting, one guest come up to the front desk with sleep questions or interest in the sleep program, the staff can really speak from a personal place, they can say you know, "this is what works for me." Try this strategy or that. In addition that we've created a couple of fun services around the concept of better sleep at the Benjamin.

The first is a power nap kit. In the afternoon which is the optimal time to power down and have a short power nap if you perhaps had a shorter night of sleep the night before, power nap is a great leader, recoup some of that to what we call sleep debt for that pressure that will build that we all know too well after a night of short sleep or just you know, really foggy into the afternoon.

That's the ideal time to be napping and the hotel you can call down to the front desk and have an eye mask and aromatherapy oils delivered to your guest room with a couple of precise tips on

how to get a good power nap. There's the power nap routine, you can get a massage to your room before bed which is very relaxing and of course, an indulgence but sure to help you slip into good sleep. Those are just a couple of fun things.

**[0:13:22.4] AVH:** Guided meditation as well, right?

**[0:13:24.3] RR:** Yes, we rolled this out this year. Now, this is really cool. We do know in the evidence that research shows that if you meditate regularly, you actually get better sleep overall and fall asleep faster. Meditation when practiced consistently is in part lighter sleep. If you're getting some of that lighter sleep and repaying some of that debts and that will build up after hours awake in the form of meditation, it offers tremendous benefits, you're able to fall asleep faster and then often maybe require less night time sleep which is fascinating.

The meditation literature is very exciting and very new and what we did is we took that literature and we said okay, how do we make this easy for guests and we have a couple of very neat and meditation routine that are good for everyone because I do often hear patients that people say, I can't meditate, I'm not a good meditator, we designed the program to be very accessible and essentially, they're very thoughtful breathing exercises and they're programmed into the phone in your guest room. At night, you can if you're having any insomnia or would like to have this part of your bedtime routine.

Simply call or pick up the phone in your guest room and you can hit the meditation sequence and you hear yours truly and one of the other folks that we work on for this fantastic program, walking you through a guided meditation and we are the – I believe the first hotel in the world to come up with this idea.

It's been a lot of fun to see sleep research, really in motion in this program.

**[0:14:55.2] AVH:** That's so cool and you have the perfect voice for it too. I can imagine, I mean, that's actually burned me to want to stay, I spend half of my time in New York and half the time in Canada and I don't even know how I came across this program but I'm like, this makes me want to stay about that. I think that's super cool. The last thing that I saw too, I'd like for you to

touch on is, there was even like a pillow menu so you could pick a specific kind of pillow based on what you need.

Can you talk a little bit about –

**[0:15:22.8] RR:** This is the corner stone of the program, yes.

**[0:15:25.7] AVH:** Talk about like, how you would go about choosing an ideal pillow for you and if there is one that's just sort of ideal for people's sleep in general?

**[0:15:33.1] RR:** Great question. Now, just as we talked about the bedroom and design of the bedroom. The bed itself is the foundation to your sleep at night and unfortunately, it can be an afterthought so that when I ask people what do they call their mattress or their pillows, often, people can't tell me when they made that purchase or where they did. These things are great for all of us to think about if you're you know, due for a new mattress, I recommend the beauty rest brand and pillows also just last about two years. Pillows and refreshing them, ever so often is very important to make sure that you have a pillow that is giving you support for your head, neck and spinal column.

Now, what has been so fun at the Benjamin is they – we did kind of an overhaul of this pillow menu and essentially, the recommendations for pillows are nuanced so that each of us, we all move at night but within that movement, we spend most of our time within one of three positions. Back, stomach or side.

Essentially, you can figure that out by asking yourself if you are exhausted and you have a bed and you know, you finally get home after a really long day, maybe shorten sleep the night before and you've lie down and you go into the position that's most comfortable to you. Ashleigh, what would you tell me if I ask you that question?

**[0:16:49.7] AVH:** I'm definitely a side sleeper, for sure.

**[0:16:52.1] RR:** Okay, for you, if you imagine yourself on your mattress, lying on your side so that you don't wake up with shoulder pain, you're going to need a different pillow than a back or

a stomach sleeper because that space between your – to keep your spine in alignment is actually substantial between the shoulder and your ear for instance.

Having that space filled with a pillow, that's going to give you enough support is key. Now, your pillow, a side sleeper is going to be the most voluminous. Now, a back sleeper is the next most voluminous we'll say or the industry term is fill power. A back sleeper will just need to make sure that their cervical spine is supported as they lie on their back, that concave area between the neck and the mattress and the stomach sleeper needs next to nothing.

A pillow, just flat as a pancake so that their head, neck and spinal column aren't out of alignment. Those are a couple of general recommendations for the three sleeper types and what's so neat at the Benjamin, we designed the room and indicator that your breath leads to these three types of people.

We found, we did this because we found guest who called down and say, you know, I'd like the most popular pillow or the best pillow. When I get that question from the media or the press, I always counter with that guidance on finding your sleeper type and then thinking through the considerations you would need as a side sleeper versus a stomach or a back sleeper.

The pillows at the Benjamin are segmented and the staff is trained so that you can call down and they can say, well tell me about your sleep, where do you spend the most time and walk them through that exercise so that they can get that personalized recommendation?

**[0:18:28.2] AVH:** I hear you saying that obviously, different people find different positions comfortable and we tend to gravitate towards those comfortable positions. Is there a universal sort of best position to sleep in? because I've heard and read throughout the years that stomach sleeping isn't good because it's wrenching your neck to the side or sleeping to the side can be bad for your hips.

I mean, it's easier said than done for anyone to kind of change the position that they find naturally the most comfortable but are there sort of positions or places to position your body that are better or ideal when you're sleeping?

**[0:19:02.4] RR:** That's a really good question but overall, if you have a pillow that is supportive then optimally that shouldn't matter as much. You should be able to sleep in your preferred position whether that is stomach, back or side. I will say that if anyone is experiencing back issues and are a side or stomach sleeper we often do physical therapy. For instance we will encourage you to flip over on your back.

**[0:19:28.1] AVH:** It seems to me that there are two major camps of people who are sleep deprived and it seems like one are people who have varying levels of maybe insomnia or trouble sleeping like they want to get eight hours of sleep but they have a hard time maybe because they are anxious or maybe they just tell themselves that they aren't good sleepers or for whatever reason and then there is another group who say they just don't have the time to sleep enough.

They're too busy, they've got too much work, maybe they have kids, what are your thoughts of these two major camps and do you approach them differently in terms of trying to help them get better sleep?

**[0:20:03.8] RR:** That's a good question and absolutely, we're all unique and the composition of a number of different factors and lifestyle really matters. So really working with a one on one level is absolutely key with sleep to give you a sense, I think in some ways that "sleep is luxury" is the wrong message because a lot of our research does show for instance sleep varies by SCS status and between race and ethnicity as well.

So simply saying you know, get more sleep would not do all of us a lot of good but instead finding the small things in our life that we can change and so for shift worker for example, someone who is working one or maybe two jobs and around the clock and at times that are at odds with the patterns of light and dark in our society. They are going to need absolutely need a different message than maybe a hard charging very type A C-suite executive for instance.

Who has the weight of the world on his or her shoulders and is managing thousands of employees or across different time zones. So lifestyle factors really do matter. For me I think overall it's elevating motivation and helping people realize that we don't have to push back on sleep. For so long we've being sleep deprived is viewed as a cool thing and something that is

deserving as a badge of honor and I think it is only finally starting to change which is exciting for me as a researcher to see.

And being part of that as best as I can that movement that I think we do still have so far to go to really affect change systemically starting with schools. Unfortunately our high school students face a host of challenges is another niche category. Every student we ever measured be in our book, Dr. Moss, my dear colleague and I joked that every teenager we've ever measured is a walking zombie because there are physiological changes that happened for teenagers that makes sleep just fundamentally more out of reach.

And we put them into the classroom that they are fighting their physiology because they have melatonin that's secreted later than most adults so that they're true owl whereas their rising time to get to school is in the morning person category. So encouraging them to come into as early as possible essentially. So there are a host of changes across the life spectrum but essentially starting with motivation, helping people really form the idea of getting rest and looking forward to the night time is this really precious time to spend with family and loved ones.

Think about good things that happen over the course of the day to get off our cellphones are small rituals and habits that can affect a lot of positive outcomes in terms of better mood, better sleep and better health overall.

**[0:22:52.5] AVH:** It's definitely a layered in complex topic similar to nutrition. I mean it's not like you said there isn't a one size fits all approach because people have so many different challenges and obstacles and even mentally the way they approach sleep. So there is definitely a lot to consider but I would love for you to touch on you mentioned earlier people who do shift work and I've actually had some people reach out to me and say they'd love to have somebody on the podcast talk a little bit about sleep optimization for first responders and military people.

And people who do shift work because so much of that is like there's only so much you can do within the constraints of the kind of work that you do. So it really just kind of trying to do the best with a crappy situation or are there ways that you can approach the sleep and those really challenging positions that can make a big difference?

**[0:23:46.2] RR:** So this is a huge issue in shift workers of all sorts. The worst type of shift work is rotating shift work. So that will be someone who has a shift that starts at 10 PM one day and then is out at 7 AM let's say the next morning but then the next day they start at 5 PM, so on and so forth. So that rotation is one of the hardest things because our bodies are really creatures of habit. So that if we are constantly moving around and trying to get adjusted to a new schedule that we are in constant limbo essentially.

Our body has no idea when it should be tired, no idea when it should be awake and that will cause huge issues. So a nurse for example who I've been working with is on the night shift and she is able to consolidate her shifts. So she has three that are in a row and there are shifts from 7 PM to 7 AM and then she can go back to her schedule that she has to keep for her family. So these are the first thing for shift workers is trying to find some normalcy or at least be able to predict the craziness if that makes sense.

So being able to say, "Okay in the weeks coming up it's floozies" and for example for the health care workers in our population and then you can prepare by getting a little bit more sleep, going to bed earlier than you normally do, simply adding a little bit more rest to your calendar and then preparing for those days that might be a little bit crazy and figure an on call type worker. If you are a night shift worker trying to get the shifts that's consolidated as possible.

And then the key things for night worker are avoiding caffeine later in the shift, hopefully not having to drive home from your shift but being able to take public transportation or walk and this sounds silly but wearing sunglasses in the morning on your way home from that night shift is that starts to prevent the blue light that triggers our body to become alert and suppresses melatonin. So you want to counter that by tricking your body into thinking that it is night time.

And then you want to have a bedroom that you walk into that is pitch black so that you can walk in and really slip into the sheets and go to sleep. All of these things I will say are so hard in practice. These are the evidence, it's base strategies and what we know to be helpful but shift workers truly power our global society, are 24/7 society and they deserve huge thanks tremendously in the population for the work that they do and these strategies can help.

But one of the hardest things is that the world is awake and you are needing to sleep and unfortunately going to the bank for some of the people that I work with on just schedules is hard because bank hours are nine to five and so there's such an urge your shift is over but then sometimes adrenalin can carry you through into the next area or task on your to-do list as far as for the rest of us on nine to five or approximately schedules don't have that challenge. So we can all see when it is dark and hopefully get our errands in on our lunch break or elsewhere.

**[0:26:43.1] AVH:** That is really helpful though. That is a really tangible some points that people can take tomorrow and do because even like you mentioned putting on sunglasses when you are walking home in the sun that is something that it makes absolutely common sense but you wouldn't necessarily think to do it. So like you said, I think it is a combination of a lot of little things that can help sleep for anybody regardless of what your challenges are and it's the same with trying to improve any area of health.

If you try to make these big massive life changing changes immediately that can derail you from being in it but knowing that there are small actionable doable steps that you can work on progressively I think that that gives people some hope right? So I think that is really helpful.

**[0:27:22.1] RR:** Well I am delighted but again, it is one of the most challenging things from a sleep standpoint. You also touched on the really busy person or someone who might not be yet ready to get more sleep. I think connecting with what really matters to people. So a lot of the really life hackers, this type of group that's very focused on maximizing productivity, getting good exercise I think that community is starting to come around to sleep with the advent of tracking and all of these many ways to quantify what we are doing from a health standpoint.

And optimize but essentially it is finding that the message that resonates and so if that person really values exercise well we have some compelling evidence that your exercise will not be as good. So you will spend the same time exercising but you're getting lower effort. You actually not get quite as much out of that and then conversely, if you cut your sleep short and you are talking to someone who your clientele who is very health conscious and nutrition conscious.

You know unfortunately we wake up if we are not getting enough sleep and we crave unhealthy foods. So a sleep deprived person is much less likely to stick to that nutrition regime. They are

much more likely on a day like today, on Halloween to reach for the candy bar because our will power is reduced but we actually see this play out at the hormonal level. So people who are sleep deprived actually crave worse foods but they also have a deprived sense of when they are full so their satiety is affected by this, by sleep deprivation.

**[0:28:48.6] AVH:** Yeah, you mentioned exercise. That is a question I wanted to ask you because you have a section on your website about yoga specifically and how movement in general is super important to health but also to the quality of our sleep and one question I have for you is how to strike a balance between incorporating healthy nourishing movement in your life versus trying to basically exhaust yourself and overwork.

Because as someone who in the past has had issues with sleep, I have often thought to myself maybe if I just tire myself out, maybe if I just keep working out and workout more and workout harder I will be tired enough that it will put me to sleep. It doesn't usually work but maybe it does for some people but I don't think that that's a sustainable sleep improvement method. So what are some words of wisdom you have for us in terms of how we know that we are doing the right amount of exercise and movement?

**[0:29:39.3] RR:** That is a really good question. So essentially we do have a couple pieces of evidence that show that exercisers broadly get better sleep than non-exercisers. So I applaud you for making exercise a priority and we do know that that is beneficial and that is vigorous exercise to the point of sweating for about 30 minutes or what the definition is at some point. It often does change. So essentially making exercise a priority doesn't have to be a tense to the point of exhaustion every day of the week.

I don't know, I'd say nourishing movement is whatever that means to you and everyone is different. Some people like running, some people like cycling. Finding a way to make that a priority three to four times a week, we know from the health literature to be incredibly beneficial from a cardiovascular standpoint from a number of different angles but also from the sleep standpoint. So yoga is one form of exercise that spreads the line between those benefits of the cardiovascular benefits of exercise.

Of a certain level of exertion but it also offers training and frankly meditation and mindfulness because what makes yoga unique and I talk about this on my website but it is a practice that marries exercise with meditation. If you are really practicing in the traditional sense, yoga in Hindi means yoke and so the idea is that you yoke your movement to up dog down dog to breathe. So then it becomes meditative where your inhale, up dog, exhale down dog.

And so yes, you can reap the benefits from an exercise physiology standpoint but it also does confer training and practice in meditation and also the end there's traditionally a time where you lie down and you think about gratitude and intention and then do some breathing exercises.

**[0:31:26.3] AVH:** Right absolutely, yeah. I know I can't keep you too much longer but I think as we're starting to wrap up here and I am sure we could talk for hours and hours.

**[0:31:34.1] RR:** We could and I would love Ashleigh to find another time, please let me know.

**[0:31:38.4] AVH:** For sure we will do that and of course, I am in New York a lot so maybe we can do a part two in person. I think that would be amazing.

**[0:31:44.4] RR:** That would be fantastic. I would be delighted.

**[0:31:46.6] AVH:** As we close off here, you've mentioned a lot of really useful helpful tips and even the pillow thing. I am going to go into my bedroom here afterwards and take a look and see if I have luminous enough pillow. So it has been very helpful but I think that our listeners are pretty educated people and I think they know a lot of this sort of high level points about sleep, maybe cut down on the caffeine later in the day.

The dark cool room, cut all electronics, none of us should be sleeping with our cellphones next to our head but are there any other small actionable steps that maybe we haven't heard every day that might be helpful? Are there any kind of lasting points that you can give us before you leave that would help us out?

**[0:32:24.7] RR:** Yeah, one thing that I think that goes a really long way and essentially consistent bed times are so critical. I mean our parents really had it right when we were growing

up. Finding a bed time and sticking to it and then you are able to fall asleep faster, get higher quality more efficient sleep and wake up more refreshed and who wouldn't want that? So if we can all take a little bit more consciousness around the time that we are starting our bedtime routine.

So tonight you count back seven or eight hours from the time you generally wake up and then add a buffer of about 20 minutes for a relaxing routine, taking a warm shower, reading a couple of pages out of a book. I think we have so much to learn actually from the children in our society because they are doing these things right. They fall asleep at approximately the same time and they wake up at approximately the same time, Monday through Monday.

So that is one thing and it is not necessarily new and sometimes it is the old school that actually is the most suffocations for our health. So if we could all practice that I think it will go a long way towards improving the quality of sleep.

**[0:33:23.4] AVH:** I love it and I think like you said throughout this call that was so helpful it is about your mental attitude towards sleep. It is easy to read instructions just like with health and fitness and nutrition. It is easy to read what you should do but until you are mentally ready and prioritize and approach it in a positive way like this is something I want to do with myself, I think that some of these changes become a lot easier and more sustainable.

So yeah, I appreciate all the work that you do and I appreciate all of the tips and the help that you have given us and before we leave, I know that you have written a book called Sleep for Success: Everything you must know about sleep but you're too tired to ask, which I love that title and I would love for you to tell us, our listeners, where we can go online to learn more about the book, learn more about you and follow what you're doing.

**[0:34:12.7] RR:** That is very kind Ashleigh. My book is available on Amazon on my website, Sleep for Success and that website is [rebecca-robbins.com](http://rebecca-robbins.com). I also post a fair amount about my research. On Instagram I am @doctorrebeccarobbins and @rebeccasrobbins on Twitter. I would be delighted to connect with anyone who has other questions.

**[0:34:29.5] AVH:** Awesome. All right Dr. Robbins, thank you again for your time and we'll do it again sometime soon.

**[0:34:35.0] RR:** It was a pleasure Ashleigh. I would be delighted, sleep well.

**[0:34:37.2] AVH:** All right, take care.

[END OF INTERVIEW]

**[0:34:42.8] AVH:** All right everybody, thank you for listening. I hope this helps you get better sleep tonight and if it does, I want you to let me know because it is important. Sleep is a big deal and nutrition and workouts, they can be what you make of them and you can have a lot of freedom to do what you want and make it how you want but I think we all need to get that good sleep, seven to nine hours, whatever it is, we are all in the same boat just trying to do that.

So if you have success or if you have learned anything from this podcast and you are getting better sleep, let me know. I want to hear it, I personally never thought about the importance of pillow shape. I just know when a pillow is comfortable or not but that is one thing I am going to pay attention to now and if you have any other good sleep tips maybe that you didn't hear in this podcast let us know on social media.

You can talk to us @paleomagazine, you can talk to me personally @themusclemaven. I could always use more help so let me know if you've got some tips. Shout out again to our show sponsor, Bonafied Provisions. If you love delicious soup and bone broth and it is the season for such things, you don't love being sick all winter, try their products. They have chicken, beef, turkey and my favorite, the frontier blend which has bison and lamb, so yummy.

They also have bone broth soups and a bunch of delicious flavors and you get 15% off when you use the code "only bones" at checkout at Bonafiedprovisions.com. You are not going to regret it, it is a great idea especially as the weather is getting colder and we are all slightly miserable about it so do that and if you think the episode is helpful, please help me share it by leaving a rating and review on iTunes that way more people can see it and hopefully get a good night sleep as a result.

It would be so nice of you to do that for someone. All right that's all folks, join me next week. I am going to be speaking with Victoria Field. She is one of the organizers of the Metabolic Health Summit that is taking place in LA on January. She is also doing a lot of work on therapeutic keto diets for your pet, for you dogs, animals who are suffering from various diseases that are having a lot of luck with the ketogenic diet. So that is going to be an interesting chat, you don't want to miss it.

Tune in next week and have a great day everybody.

[OUTRO]

**[0:36:32.8] AVH:** The intro music for Paleo Magazine Radio is a song called Stronger, performed by *Alter Ego* and I hope you love it.

[END]