Here in the Sleep Smarter Bonus Resource Guide you’ll find additional tools and assets to support you on your mission for better sleep and better health overall.

Most of these resources have been researched and tested thoroughly. A handful of them (specifically the various apps) will be updated if even better tools come along.

Enjoy, and thank you so much for reading and spreading the word about Sleep Smarter!

**UVB/Sunlight Exposure Map (Based on the Time of Year)**

As you learned in Sleep Smarter, UVB is the most important UV light that we derive naturally from the sun. UVA, on the other hand, is more related to photoaging of the skin and various other issues if over exposure happens. Both are important, but UVB helps to balance UVA out (and UVB helps your body make more Vitamin D!).

With this exposure calculator, you’ll know what time of year UVB is even making its way through to you based on where you live, and how to finesse your way to getting more natural sunlight without overdoing it on the UVA by itself.

Those times of year that UVB isn’t making its way through to you, I recommend getting natural sunlight exposure on your skin from your normal daily routine, but not “sun bathing”. Instead, make sure that you have access to natural light filling the room that you’re working in during the day (and following the tips about window-sunlight exposure in Sleep Smarter) and even using photo therapy devices if you live in an area that tends to be much more overcast or you work in an area that doesn’t provide quality exposure to natural light during the day.

This video from Dr. Joseph Mercola will tell you exactly how to use the sunlight calculator: *Vitamin D And Sun Exposure*

Here is the sunlight calculator from the USNO
PHOTO THERAPY DEVICES
As you learned in Sleep Smarter, a deficiency of natural light exposure during the day can directly lead to abnormal hormone cycles and poor quality sleep at night. Here are a few of the best tools to use if you live in an area that tends to be much more overcast, if you are traveling via plane during the day (and not getting exposure to natural light for several hours), or if your work area doesn’t provide adequate exposure to sunlight.

VISORS:
Re-Timer Light Therapy Glasses
Feel Bright Light

LIGHTBOXES:
Care Day-Light Therapy Lamp
The Sunbox Company

EARBUDS:
HumanCharger

BLUE LIGHT BLOCKERS
Exposure to artificial light at night is clinically proven to elevate cortisol and suppress melatonin. The best plan of action is to give yourself a screen curfew to be off of your device at least 90 minutes before bed. For a viable “hack” for when you are working late, kicking back to watch an occasional show on TV in the evening, or just want to be a Jedi Knight when it comes to sleep and protect yourself from the scientifically dubbed “light pollution” in the evening, take advantage of these resources because most of them work like a charm (especially the Swannies!).

GLASSES:
Swannies

LAPTOP AND DESKTOP APP:
F.lux

PHONE APPS
(These are a little more dicey in their consistency and effectiveness. I’ll keep this updated when a true champion in this category arises, but for now these are some to experiment with.) Smartphone Screen Protection Apps (Mainly for Androids)
**CHILIPAD**

Ensuring that your core body temperature stays at an optimal level at night is critical. For many people this can make the difference between waking up feeling refreshed, or waking up feeling like a sweaty used gym sock (gross!).

Keeping the room temperature in the recommended zone in Sleep Smarter is a great step that will do the trick for most people. But other people tend to run a little hotter, and the ChiliPad could be the perfect solution. This one is recommended by NY Times bestselling author Dr. Kelly Starrett: Chili Technology

**MAGNESIUM EASE**

Magnesium is one of the most critical nutrients for our health today with over 80 percent of the population being deficient in it. We covered the importance of magnesium on your sleep and overall health in Sleep Smarter, and why topical magnesium is far and away the best choice. I’ve personally been utilizing this incredible magnesium spray for over 3 years on a nightly basis. I love it!

Not only is it an excellent natural sleep aid, but it’s also shown to reduce or eliminate muscle pain and cramping, reduce symptoms of anxiety and depression, accelerate the healing of muscle tissue, and much more. Other brands just don’t compare to the effectiveness of EASE.

This one is an absolute must: Magnesium Ease
AIR IONIZERS

Improving your air quality is an important part of creating your own Sleep Sanctuary. I recommend simply opening a window and/or circulating a ceiling fan a few times a week (it doesn’t have to be while you’re asleep, but simply popping a window open for a while during the day can help to move stagnant air and deliver some more beneficial ions.

Air ionizers can provide much of the same value. Here are a few viable options (Note: many ionizers emit light, so it’s a great idea to run them during the day and then turn them off before bed if you choose to keep one in your bedroom).

Best Choice Products Air Ionizer
O-Ion Purifiers
Lasko Air Ionizer

RESOURCES FOR INDOOR PLANTS

Another way to instantly upgrade your air quality is to add an indoor plant or two to your home. We talked specifically about NASA’s favorite air filtering plant the English Ivy, and the nighttime air rejuvenator the Snake plant in Sleep Smarter.

If you don’t have time to stop by your local plant shop, then here’s a resource to have them delivered to your door:

HomeDepot.com (Just type in the name of the plant you want - Best source)

Amazon.com

Get some great information about plants (everything from plant maintenance to best varieties) here - Costa Farms
As you learned in Sleep Smarter, the materials in our mattresses can be conductive for radio waves and other EMFs. If it’s a concern to you, you can check out the EMF shielding fabric here: Swiss Shield Wear

The full story is not in on how Wi-Fi is affecting our cellular matrix. The research thus far is not pretty, but the reality is our use of WiFi is only going to grow, and a simple way to reduce your exposure is to simply shut your WiFi off at night. So that you don’t have to remember to do it all the time, biomechanist Katy Bowman recommends using this simple electrical timer: Intermatic Grounded Timer

Because you spend approximately 1/3 of your entire life in bed, your mattress really does matter. A lot.

After researching and testing I’ve found the intelliBED to be the top wellness mattress in its category. Non-toxic, hypoallergenic, zero off-gassing, 20 year durability, and industry leading mattress resiliency. We covered the critical importance of mattress resiliency in Sleep Smarter, and the intelliBED can be a game-changer for reducing pain and making sure you’re avoiding the toxic chemicals that most mattresses are treated with.

I sleep on an intelliBED and I absolutely love it!

intelliBED (Plus exclusive Sleep Smarter code)
In Sleep Smarter we discussed how drinking alcohol at the wrong time can devastate your sleep quality. We also covered simple tips and tricks to enable you to enjoy drinks with your friends, but still get good sleep at night.

Timing is everything with alcohol and sleep, and one of the simplest tools to find out how long alcohol stays in your system is this BAC calculator from DrinkFox.

The research is in, and meditation is one of the most effective tools for improving sleep quality and reducing chronic sleep problems. Meditation will be one of the hottest health and wellness topics (ranked right up there with nutrition, exercise and sleep) within the next 5 years without a doubt. Don’t wait around any longer to enjoy all of the clinically proven benefits. Here are a couple of meditation techniques to check out:

**Headspace Meditation App**
Calm.com (App available too!)

Qigong is a form of moving meditation that has been practiced for thousands of years. It’s stuck around this long because it works, and it’s more valuable today than ever. Improving sleep, balancing blood pressure, increasing energy, the list goes on and on. This is the qigong practice that I use: **Good Morning, Good Evening Qigong**

When it comes to improving your sleep quality, simple changes to our daily habits and lifestyle come first. For a little extra support, time-testing supplements can be helpful. In Sleep Smarter we broke down which supplements work (effectiveness and safety) and which ones to avoid. Here are a couple that make the cut:

**Nature’s Way Valerian Root**
**New Mood**
GROUNDING GADGETS
Clinically proven to reduce nighttime levels of cortisol and normalize cortisol during the day... there are few things as effective for improving your health and your mood than getting in some Vitamin G time. In Sleep Smarter we break down some of the science behind Earthing (aka grounding). When situations arise that you can’t get some quality time in with the Earth’s surface to help deliver your body some free electrons, these amazing Earthing Gadgets can be a game-changer: Earthing.com

THE MODEL HEALTH SHOW
Featured as the #1 Health podcast in the U.S. on iTunes, The Model Health Show is a fun, entertaining, and enlightening look at health and fitness. No health subject is too big or too small. Each and every episode you’ll walk away with valuable insights and tangible things that you can add into your life immediately.

Make sure that you’re tuned in to this valuable source of information, inspiration, and accountability every week.

Subscribe on iTunes
Subscribe on Stitcher
Listen on the website: TheModelHealthShow.com

14-DAY SLEEP MAKEOVER JOURNAL
As another bonus with Sleep Smarter, you can use this printable Sleep Makeover Journal rather than using the one featured inside of the book. Enjoy!

14-Day Sleep Makeover Journal