**HOW TO FALL ASLEEP IN 60 SECONDS - CALM YOUR BODY AND YOUR MIND TODAY**

**Male speaker**: Welcome to The Chalene Show. Chalene is a New York Times bestselling author, celebrity fitness trainer, and obsessed with helping you live your dream life.

**Chalene Johnson**: Hey, there. I’m Chalene Johnson, and thank you so much for joining me on The Chalene Show. The Chalene Show is all about life. It’s the things that all of us could do a little better to enjoy our life to the fullest.

I want to thank all of my new subscribers. I can’t begin to tell you how excited I am that I’ve had the opportunity to meet so many new people, of course, because many of you have been sharing the show. And I kind of think even though I don’t know this to be a hundred percent certain, but I think I’ve met a lot of people who have learned about The Chalene Show because you’ve been watching me record it live on Periscope.

Well, this particular episode - oh, by the way, Periscope. Periscope is an app that you download to your phone where you can watch people do live broadcasts. People like me and dare I say like my mom and dad. Yeah. You know that the internet has jumped a shark when your mom and dad are broadcasting live on Periscope.

Oh, and I wish you could’ve been there when I was trying to show them how to use Periscope. Anyways, mom and dad, you rock. And to all of you who have been joining me on my live Periscope broadcasts and then tuning in to listen to the episode on The Chalene Show, I just want to let you know, it’s not repeat. What I do on Periscope, I then shorten it, condense it, and just give you the best of the best when you’re listening to it here on The Chalene Show. And of course, you can expect content that’s not on Periscope to show up on The Chalene Show.

All right, this particular episode is all about sleep. And as a matter of fact, you’ll probably notice I’m recording it kind of with a lower volume than I normally do. And that is because I was recording it from the Hoag Hospital Sleep Center where I had to stay for 24 hours while they observed me sleeping and napping.

All right, let’s cut to the chase and teach you how to fall asleep in 60 seconds or less. This is a short one. I know you’re going to love it, but incredibly useful information for those 40 million Americans who struggle with sleep deprivation.

Testing, testing, one, two, three. Testing one, two, three. Hi, my name is Chalene Johnson and I look like this because I’m recording this from the world-renowned sleep center in Newport Beach, California. I’m here doing a sleep study. So how apropos that I thought it would be a great time to talk to you about sleep.

I’m trying to be quiet because there’s people in other rooms sleeping. This is - the amount of wires I have on right now is nothing compared to what I had on last night. So if you know anyone who needs more sleep, which would be everyone, as you may or may not know, if you follow me, I am taking my brain health so seriously this year.

I did a brain scan with Dr. Amen at the Amen Clinic. Here is - if you’d like to see a picture of it, you can see this on - if you want to see a picture of my brain, you could see it on Facebook or I’m showing it here now live on Periscope, okay.

And what - I know. What this brain scan showed Dr. Amen and his staff there was a couple of things. Number one, I’ve got a really bad case of ADD, no shocker. Number two, some pretty serious concussions I didn’t realize I had. Holes in the brain that I didn’t realize were there. And - which can be repaired. Perhaps most concerning though were all the dimples and bumps in my brain, which I don’t know if you can see here in this photo. But they - it just looks like a bumpy brain. And that’s not good. That’s a sign of brain fog, early Alzheimer’s and a number of other concerns.

So we want to get to the bottom of why that’s happening. For the record, I sleep - I think I sleep beautifully. I fall asleep really fast. I don’t have any problem falling asleep. As a matter of fact, that’s kind of the problem. If I sit and do nothing, I’m asleep. And so even if I get my full night’s sleep, I still wake up and if I stop moving, I feel like I’m going to fall asleep.

So the reason why I’m here doing a sleep study is to figure out what type of sleep I’m getting. And that’s why I have electrodes hooked up to every - it’s like in my hair, it’s on every inch of my body. And I’m going to show you a picture and I’m going to post this up on Facebook, too, so you can see what it looked like to sleep.

What I am going to share with you as soon as I have the information is what I find out. But in the meantime, I want to tell you this. We know that 40 million Americans currently suffer from chronic sleep deprivation. That means you are forever at a lack of sleep.

Now, that might be the case even if you’re getting seven, eight hours of sleep. You might be getting the wrong kind of sleep, or never receiving REM sleep, or never going into deep sleep. We don’t know. And that’s why some people fall asleep very easily. And it’s this chronic sleep deprivation that is worse for you than smoking a pack of cigarettes a day.

I know. That’s serious. What it leads to is early onset of Alzheimer’s, brain fog, car accidents, premature risk of heart attack, increased body fat levels. Like even if you’re like, “Well, I’m not afraid of having a heart attack but I am afraid of having higher body fat,” get some sleep.

Twenty million Americans, however, suffer from occasional sleep interruption or occasional sleep disorders. That means, from time to time, 20 million Americans say they have difficulty getting and falling asleep.

So I wanted to give you this very short, quick broadcast to give you a technique that will help you fall asleep, after a little bit of practice, in less than a minute. Now as I’ve said, my problem is not falling asleep. I can fall asleep in two seconds flat. And I’ve always felt I don’t need a lot of sleep. But even with seven or eight hours of sleep, I still can feel as though I’ll immediately fall asleep if I am not keeping myself busy.

So here’s the technique. It’s called the 4-7-8. Write this down or simply share this broadcast or rewatch it if you need to to get the tips. I’m going to pull them up here real quick just so I have it for you. Okay.

So this is developed by Dr. Weil or Weil, I’m not sure how you pronounce his last name. But I’m sure you’ve seen his books. He’s a holistic healer, formally trained at Harvard. And this is a technique where - yes, 4-7-8, where you’re using your breath to help tranquilize the body and fall asleep.

So what you’ll do is place your tongue, this is the first step. Place your tongue at the ridge between your gums and where your gums hit the top of your teeth, okay?

Now, tap the screen and offer a few hearts up if you think this is going to be helpful for you tonight. Don’t heart it up if you don’t think it’s interesting and you don’t need more sleep, okay? Only if you need more sleep. Cool. Awesome. Thank you. Okay.

All right. So you’ll hold it there. So you’re going to hold your tongue at the ridge at the top of your mouth between your teeth and your gum line.

Now, what you’ll do, first step, is to inhale through the nose - first, you let out all your air, just not by blowing, but just by lunging it come out. Then with your tongue placed where I just mentioned, you will breathe in slowly through your nose counting to four, okay? So we won’t do it right now but we’re going to practice this later. So we’re going to breathe in slowly through our nose, not our open mouth but through our nose and count to four.

Here’s the next step. Now, you want to hold your breath in for a count of seven. And that’s really key because it gives the body the ability to oxygenate the blood. So while you’re holding in that breath, you count to seven. Then without forcefully pressing the air out to make a sound, you’re going to count to eight and exhale slowly. Just let the air roll out of your mouth and count to eight.

So again, it’s an inhale for four, counting to four, it’s holding it in for a count of seven. And it’s slowly allowing the air to come out of your mouth and counting to eight. Now, this - I know everyone’s probably asleep now. No one’s hearting it up. Everyone must be asleep. Wake up. Wake up. Just kidding.

So experts agree that this does work and it does, however, take some practice to get to a place where you can fall asleep in 60 seconds. As an extra added bonus, guess what, you can use this technique to calm yourself down when you want to kill a fellow driver. You can use this technique, on a serious note, if you feel the onset of a panic attack. You can use this technique if you have teenagers. You can use this technique to meditate.

The reason why it works is because we - first of all, we oxygenate the blood, number one. Number two, it works because you’re giving your brain something relaxing to focus on.

So one of the main reasons why people have a difficult time falling asleep is because their brain is racing and they’re thinking of all the things that they don’t want to think about and all the things they don’t want to forget and all of the things they should have done today and all the things they’re going to do tomorrow and things you only want to think about. And then you just start having all these crazy thoughts. Do you love this look? I mean at least I could have taped it like - taped me back, right? Like that would have been nice. Like this, but they didn’t.

So these techniques are wonderful to use if you’re having a difficult time meditating. You see, when you’re meditating, you’re not supposed to empty your mind. But you are supposed to stay present and only think of something that’s relaxing. And for a lot of people, they actually need an activity. This activity should help you fall asleep faster.

Now, I’m going to do a follow up to this broadcast where I’m going to share with you all of the stages of sleep, how to get into them, how to stay in them longer, how to know if you’re getting enough sleep. Of course, all the risks and dangers associated with chronic sleep deprivation and why those of you who are entrepreneurs have got to start taking this much more seriously. That’s why I’m here. It’s why I’ve changed my morning routine, it’s why I’ve changed some of the habits that I’ve had for more than 20 years, it’s why I am taking my sleep so seriously.

You know why? Because I’ll tell you something that’s a lot more important than your abs or your biceps or your gluts, your brain. Boom. What could be more important than your brain? My brain is everything. It’s the most important thing I have. So I’ve got to give it as much care and training and expertise as I do any other part of my body. I have eight minutes before the doctors come back in and tell me it’s time to nap. So I have to go. Good night.

This episode has been sponsored by courageousconfidenceclub.com. It’s a club that’s I’ve created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves. Being yourself and feeling good about it, all of us could benefit from having more confidence.

I’d love for you to just experience a taste of it. So please be my guest by going to chalenejohnson.com/confidencetips. Now, if you don’t feel like writing that web address down or remembering to go there later, all of you have to do is, while you’re listening from your phone, send me a text message. The number is 949-565-4337. And that is for U.S. residents. Then just send me the word confidence and I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation, whether it’s work or personal or just your social interactions. Every one of us can benefit from having more confidence.

There, you’ll submit your email address and I will immediately send to your inbox my latest training video where I teach you step by step how to feel more confident in just about any social setting. I think you’ll find this incredibly useful whether it’s business or personal or just in your every day interactions.

Confidence is something that makes life easier. It helps you to raise more confident, self-efficient children. It allows us to speak our mind, to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us.

By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to, the person you want to be, the person you deserve to be, the person you know is inside of you.

So thank you for checking out my free tools by going to chalenejohnson.com/confidencetips.

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