

Moderator: Welcome to The Chalene Show. Chalene is a New York Times Best-Selling author, celebrity fitness trainer and obsessed with helping you live your dream life.

Chalene Johnson: People who are regular listeners of the Chalene Show know that sleep has become my issue even though I have consulted a health expert and I've talked about sleep.

Shawn Stev:: [0:00:20]

Chalene Johnson: Yeah but I was a sleep liar. I was a white liar. So I would tell people I went to bed at 10 or 9:30 and that I woke up every day around 4:30 but the truth was, I was going into my bedroom at 9:30 or 10:00.

Shawn Stev:: Regal room and found some regales.

Chalene Johnson: And not found the sleep until sometimes midnight 12:30 and then waking up at 4:30 and that was in when I considered a healthy stage of my life when I was in what I like to call stressed success and operating as an entrepreneur who believed I could save money if I did everything myself. I told myself I don't need sleep because I wake up fine. So I am fine, I feel great on 2 or 3 hours because I am a pretty high energy person.

Shawn Stev:: Yeah, yeah. And things had started breaking down?

Chalene Johnson: They did.

Shawn Stev: Yeah.

Chalene Johnson: Yeah.

Shawn Steve: I don't even know the story but I know the story.

Chalene Johnson: Yeah and that's exactly what happened and so I was in that stressed success mode where I was getting like 2, 3, 4, 5 maybe 4 hours of sleep and then I fixed it and I was getting like maybe 5 hours of sleep, maybe.

Shawn Steve: How long was that?

Chalene Johnson: How long did I do that for?

Shawn Steve: Yeah.

Chalene Johnson: About 20 years.

Shawn Steve: You are a mutant [0:01:33].

Chalene Johnson: My thinking was, I must be different. I am one of those people who doesn't need much sleep and I will make up for it later or I will just give Botox or whatever and then, I started having a lot of issues. I started being very irritable which I know you talk about.

Shawn Steve: We could talk about that too.

Chalene Johnson: We need to talk about all of this.

Shawn Steve: I mean there is like – yeah.

Chalene Johnson: But here is why it became an issue for me because one of the reasons why I wanted to bring you on the show because everybody knows they need sleep.

Shawn Steve: Yeah.

Chalene Johnson: Everybody. That's like everyone knows they need to exercise, everybody knows.

Shawn Steve: Yeah.

Chalene Johnson: But we assume we can work our way around these things and I was one of those people until it became a real health scare for me and I have spent time at the Amen Clinic and done my sleep studies and figured out the damage that I am now working very hard to repair because I love my family.

Shawn Steve: Yeah.

Chalene Johnson: And I didn't like the way who I was becoming and I didn't want to like have my brain die early and that's what it was doing really.

Shawn Steve: Right.

Chalene Johnson: So the first thing I want to ask you is the same thing I would ask someone who is a weight loss expert, right?

Shawn Steve: Yeah, yeah.

Chalene Johnson: And I know that's part of your background too but everyone knows they need this. You are fighting the good fight. Why don't we think it's important enough?

Shawn Steve: This answer is so simple and I spent time contemplating this for a long time actually and the simplicity is where the beauty is at with this. We don't really value sleep because we don't have to do anything. Right, so sleep has been this really interesting phenomenon recently where we are having issues with the word. Our genes just expect us to

do this thing and today, in our society we are really taught like if you are not hustling, if you are not doing 27 things and while having the kids and dropping everybody like if you are not just overwhelmed, you are not showing up you know. You are not doing the best that you can.

Chalene Johnson: Right.

Shawn Steve: And so having that type of paradigm that we are living in, to value something that you actually don't do anything it doesn't make sense to us.

Chalene Johnson: Yeah.

Shawn Steve: So that's really where it starts and digging deeper, you know just digging, it's a research, you start to find out that all the stuff that you are actually doing is not effective. You know, there is a difference between doing things and being effective.

Chalene Johnson: Yeah.

Shawn Steve: You are losing so much of your....

Chalene Johnson: I mean all of the things that we keep ourselves awake.

Shawn Steve: Yeah.

Chalene Johnson: All of the things we are like well, I need to get this project done, so I will sacrifice.

Shawn Steve: The public at large doesn't even know why sleep matters and that's another thing. It's just that disconnection because you've got ten things to do and sleep is one of them. We will just [0:04:02] the sleep.

Chalene Johnson: Can I challenge you on that?

Shawn Steve: Yeah sure.

Chalene Johnson: Because I think that people do know why they need sleep.

Shawn Steve: It's a fringe level. It's very outer level, it's not that deep visceral like I got to have my sleep.

Chalene Johnson: Okay.

Shawn Steve: You know because it's like I know I feel better, I know – you know that kind of thing.

Chalene Johnson: Yes.

Shawn Steve: But – and understand something like and we can talk about the weight loss thing. So there is a study done by the Canadian Medical Association journal.

Chalene Johnson: This will motivate people.

Shawn Steve: Right.

Chalene Johnson: Tell us why lack of sleep makes us fat.

Shawn Steve: Okay. So this was published in the journal and they took two groups of exercises and dieters. Same exact exercise program, same exact diet, and one group got 8 plus hours sleep at night, the other group, they are sleep deprived on purpose. So they are getting around 5 hours of sleep a night or less. At the end of the study, the group that was sleep deprived lost far less weight and far less body fat. The only difference was the sleep. Everything else is exactly the same. So what's going on there is my question where I dig around and your body psychologically changes from the exercise that you do and the food that you are eating. A lot of the assimilation happens while you are asleep.

Chalene Johnson: Wow!

Shawn Steve: All right. So we are missing that part now. Here is a big part with the whole. Weight gain issue you know when you are up with the living and gobbling down everything is that just 24 hours sleep deprivation #1 is going to make you insulin-resistant as a Type 2 Diabetic.

Chalene Johnson: 24 hours of sleep deprivation?

Shawn Steve: Just 24 hours, yeah for anybody.

Chalene Johnson: Okay but when you say, what is 24 hours sleep deprivation? In my mind, are you telling me I am up for 24 hours?

Shawn Steve: Yeah. So this is – and of course, this is looking at an extreme, you know but there are levels to this.

Chalene Johnson: Yeah.

Shawn Steve: So just if we stayed up from today to tomorrow, both of us can go get some blood work done like hey wow! You got prediabetes.

Chalene Johnson: Wow!

Shawn Steve: And it's just because your body is doing a lot of processes when you are asleep to repair you. And now here is the thing with weight gain. So when you are sleep deprived, you are going to get a reduction of about 6% of glucose reaching your brain, okay. So what does this mean?

Chalene Johnson: I mean you can't make decisions is what it means.

Shawn Steve: Yes and here is what was so crazy is that 12% to 14% of that was from your prefrontal cortex. So this is the more human part of your brain. So that part of your brain basically starts to starve. Translation, you get dumber, all right. So this is the part of your brain responsible for decision making, for distinguishing between right and wrong, for social control, for your so called will power, right and now if you've ever had a cookie in your life, if you've ever had ice cream in your life, your brain and your body is going to compel you to get that glucose back to your brain because this is evolutionary biology. You know 200 years ago, 300 years ago, if you are not sharp, you might lose your life. You might be able to not procure your food and take care of your family. You need to be as sharp as possible and your body is just going to compel you to eat more and I don't know about you and you've had experience doing this. I haven't heard of one person in the history of humanity that was up 2 o' clock in the morning and like, you know what, I want a salad.

Chalene Johnson: Your [0:06:52] sounds good right now. I sit up all day all night and...[Cross talk]

Shawn Steve: No it sounds good with some broccoli.

Chalene Johnson: It's always me and I think I am going to soothe my – feeling sorry for myself with some Kale. I know that does not hurt.

Shawn Steve: It doesn't happen. Your next thing you know you've got the orange fingers, you know you just crushed a bag of Cheesy Poofs, you know or you are looking down the barrel of a empty carton ice cream.

Chalene Johnson: Oh isn't that the truth.

Shawn Steve: You know it's happened to us all and we don't know and then the guilt sets in because like you are telling yourself I am going to make sure I am working out and you are getting into a battle of your will power versus your biology. And your biology is going to win.

Chalene Johnson: Yeah.

Shawn Steve: All right. And another big issue, so Stanford did a study and they found that, again just 24 hours sleep deprivation, you are going to have a dramatic decrease in your body's mobilization of Leptin which Leptin is your body satiety hormone and you know this. If you are tired, you are going to want to eat snacks, you are just going to want to eat something.

Chalene Johnson: You feel like it doesn't count like when you are – it's when you've gone too long between meals....

Shawn Steve: Right.

Chalene Johnson: Or you are extremely tired, for some reason, there is this little thing in your brain that says, this doesn't count because you are on empty, you know.

Shawn Steve: Right yeah.

Chalene Johnson: And it really does because it's when things are the worst. So let's talk about body fat percentages. I forget the name of the movie that Hilary Swank did where she was a boxer. Do you remember?

Shawn Steve: Million Dollar Baby.

Chalene Johnson: Million Dollar Baby.

Shawn Steve: Yeah.

Chalene Johnson: I read that to prepare her to reduce her body fat and put on muscle for that role to transform her body which a lot of the Chalene Show listeners are on a journey of doing, they are transforming themselves that they had her increase her sleep – at first 9 hours, then 10 hours and then they were having her sleep like 12 hours...

Shawn Steve: Yeah.

Chalene Johnson: Literally waking her up to eat and then putting her back to sleep so that her body would reduce body fat.

Shawn Steve: Can you believe it?

Chalene Johnson: So my question is about exercise.

Shawn Steve: Yeah.

Chalene Johnson: Body fat and sleep. How do those things all tie together?

Shawn Steve: Uhh so in the book, I actually talk about some of the top athletes in the world people identify with, LeBron James, Usain Bolt, sleep is part of their training program, literally you know and so many people don't know that about these guys because again sleep isn't a sexy topic.

Chalene Johnson: Right.

Shawn Steve: You know, well but that's what we are trying to do. We are making it sexy, you know, making sleep sexy.

Chalene Johnson: Only you could do that, right? Am I so right Nicole? Nicole Vault who is my girlfriend is here and she is just dying laughing but it is very true and you never – you know, you just thought its part of their regimen and when someone walks by and you are like, oh they've got a nice shoulders. You never walk – have somebody walk by and go, [0:09:15] they get a lot of sleep. You just don't.

Shawn Steve: I bet he is a good sleeper!

Chalene Johnson: Yeah [Laughing]

Shawn Steve: So okay, so here is the deal. When you and I were standing there and looking at your awesome gym downstairs by the way, it's amazing!

Chalene Johnson: Thank you.

Shawn Steve: And before we are going to work out, I was going to [0:09:32] workout and we are standing there and we are actually in better shape before we do the workout. Okay so when we are standing there looking at the gym, we are in better shape. If we were to go get a hormone panel done after the workout, some blood work done, Cortisol is going to be elevated, your blood sugar is going to be wonky, inflammatory biomarkers are going to be elevated. We can possibly get you diagnosed with something, all right and the only thing you did was a great workout. It's known as a hormetic stressor. So this is something that's actually going to make you better and you are going to come back better and more able and adapted to the stressor if you repair properly, all right or you can keep beating your body down over and over again. You see, they focus more on sleep for her rather than the quantity which is something that you did. It is just like I got to exercise and the exercise probably became a crunch because you are going to falsely spike your Cortisol.

Chalene Johnson: Right...

Shawn Steve: So that's one of the important things to understand is that your body changes from your workout when you are sleeping. Okay...

Chalene Johnson: Uhu ey man!

Shawn Steve: And this is where the body fat then comes into play a couple of things. So number one is, secretion of anabolic hormones namely human growth hormone which is known also as "the youth hormone" all right so...

Chalene Johnson: And we produce it naturally.

Shawn Steve: We all do. Kids have a lot of it. This is why they have so much energy like when you are a parent, you go to a park and you see, the parents are sitting there and they are like part of the scenery and the kids...

Chalene Johnson: Looking at each other with those eyes like when is nap time.

Shawn Steve: Get down Billy!

Chalene Johnson: Yeah.

Shawn Steve: I want somebody to get him down. I am not doing it.

Chalene Johnson: Right.

Shawn Steve: You know so they have so much energy and according to the research, right around the age of 18 to 20, we have a pretty sharp decline in the amount of human growth hormone our body is producing. Now my argument is that, it's not because you turn 18, it's because you get out of your parents house and now you don't have a sleeping schedule, right and so because the greatest amount of human growth hormone is produced when you are sleeping and in particular, according to the research, you are going to get the greatest secretion if you are asleep in this money time window. So what does that mean?

Chalene Johnson: What is the money time? You can't leave us hanging with that one for a...

Shawn Steve: All right, so timing your sleep is like timing an investment, all right. If you invest a lot at the wrong time, you are going to get pain. If you invest just even a little bit at the right time, you can get some big rewards.

Chalene Johnson: Okay.

Shawn Steve: All right. So this money time window is from the hours of 10 PM to 2 AM. According to the research, if you get sleep during that window, you are going to get a greater secretion of human growth hormone. Your melatonin is naturally going to be higher which melatonin is the good sleep hormone. It helps to regulate your sleep cycles. It doesn't make you sleep you know put you to sleep per say. It makes sure that you get good sleep quality, not quantity and that's a thing I never say once in the book that you should get [0:12:10] out asleep. It's really about the quality of the sleep.

Chalene Johnson: Yes.

Shawn Steve: So Melatonin is going to ensure that you get really great quality sleep but it's in that window that it is going to be at its peak, all right. So that's the money time window. All

right, so to back up to the exercise part, so human growth hormone is a big part of that lean muscle mass.

Chalene Johnson: Right.

Shawn Steve: And again why kids tend to be leaner and then we get older like, what! You know I used to be able to get away with stuff. You know I could jump down you know, shake or whatever people are having when you are younger. I know I used to do the Papa John Special.

Chalene Johnson: Oh!

Shawn Steve: Which is \$5 for a large pizza...

Chalene Johnson: Oh yes.

Shawn Steve: Like the whole thing but that was the former life but now you know people try to pull that stuff. It's just like your button will stop jiggling like 4, two weeks.

Chalene Johnson: Right.

Shawn Steve: For some people, that's okay though you know, [0:12:58] but..

Chalene Johnson: I don't think her's jiggles that much either.

Shawn Steve: Yeah so it is a whole another story, whole another story.

Chalene Johnson: Right, sure, this is another podcast.

Shawn Steve: All right. So now, here is what's going on. So this is going to help with the lean body mass, all right. Number one with the human growth hormone. Also with your energy to be able to do your workouts and to feel good and to be consistent with it.

Chalene Johnson: Who doesn't need more energy?

Shawn Steve: Yeah, yeah. We are at kind of like a energy crisis.

Chalene Johnson: Yeah adrenal fatigue is real.

Shawn Steve: Yeah absolutely. We can definitely come back and circle around and talk about that too but here I want to give people a tip with exercise to help you sleep better, right?

Chalene Johnson: Okay.

Shawn Steve: So Appalachian state [0:13:34] did this really cool study and they took exercises and broke them up into three groups, okay. Group A exercise at 7 PM, Group B exercise at 1 PM, and Group C exercise at 7 PM at night. They found that the morning exercisers who exercise at 7 AM spent up to 75% more time in deep sleep when they did go to sleep. All right, so right there, it's telling you, yeah you can get more quality sleep and this is the headline right here.

Chalene Johnson: Yeah.

Shawn Steve: So great sleep, a great night of sleep starts the moment that you wake up in the morning, okay. A great night of sleep starts the moment that you wake up in the morning. So getting up and doing some activities does not mean you have to hit the gym. You don't have to even do anything extreme if you like for – I did an experiment last year where I trained in the afternoon. I have been a morning exerciser for adverse [ph], all right but this last year I worked out in the afternoon and it was because of the benefits with testosterone and the benefits with strength gains, your reflexes and I saw all of those things for sure working out in the afternoon but I still did something in the morning, all right and so this could be a 4-Minute Tabata, this could be a power walk...

Chalene Johnson: Oh interesting.

Shawn Steve: This could be – I have a mini-rebounder, you know the little mini-trampoline.

Chalene Johnson: Sure yeah I love those.

Shawn Steve: 5 to 10 minutes on there, listen to a podcast. You know just get that in in the morning and it's going to help to set the tone and here is how it works. So...

Chalene Johnson: Okay. Can I ask you a quick question here because my assumption, I've known this and shared this for many years but my assumption was the reason why and I think you are going to tell me it's something other than that. The reason why are greater benefits to working out first thing in the morning is that you increase your arousal effect, you increase or decrease melatonin when you are exercising later in the day but what is it then if you are working out in the morning a little bit just getting your heart rate up.

Shawn Steve: Yeah.

Chalene Johnson: And so you are saying that it will counterbalance those two things?

Shawn Steve: So here is why it works...

Chalene Johnson: Okay.

Shawn Steve: Because for some people, they are just the how person like oh got it, exercise in the morning, I am a why person, I want to know why it works.

Chalene Johnson: Me too! I don't change until I know why.

Shawn Steve: So what's happening is, we have something called a Cortisol Rhythm, all right a Cortisol Rhythm. Our natural Cortisol Rhythm should be – Cortisol should be elevated in the morning right around 6 to 8 o' clock and then it should gradually decline through the day and bottom out in the evening let's say around 6 to 8 in the evening to set you up for great sleep. Cortisol and Melatonin have an inverse relationship. So that means if Cortisol is up, melatonin is down, if melatonin is up, Cortisol is down, all right.

So by doing that exercise in the morning, you are helping to kick start your natural Cortisol rhythm, all right because for a lot of people, clinically we call them tired and wired, all right. So the Cortisol is elevated at night which you know, a lot of people experience that where they are just up like they are yawning at 6, 7 o' clock and at 9, they are like, I am going to get to bed early but then they just kind of kick on, you know and then they are super tired in the morning when they wake up even if they get 8 hours sleep because their Cortisol is too low. So that can kind of help to reset and put that Cortisol rhythm on track. That's how it works.

Chalene Johnson: Fascinating.

Shawn Steve: Yeah.

Chalene Johnson: What about those people who are getting what they believe is a full night sleep or here is something I used to do. When I would have 3 hours of sleep and wake up and feel alert and then maybe the next night, I will get 6 or 7 hours and for whatever reason maybe it was the time I was waking up in my sleep, so I wake up and feel groggy. So I would tell myself, oh I am better on less sleep. What was that and how should we evaluate because I know there are recommendations which you've changed and I love that you talk about that in the book but how should we evaluate the right number of hours for us to have optimal everything?

Shawn Steve: You know this is where the real change is. You know this is where the work is of you actually paying attention to yourself and that's a really tough thing in our society today. You know, we are so external; we are so worried about everything else but to start to listen to your body again. Daytime sleeping is a big indicator that you probably didn't sleep great the night before. You know we don't have to get everybody strapped up to look like you [0:17:36] web from Spiderman in your sleep study.

Chalene Johnson: Right.

Shawn Steve: You know but there is a lot of self quantifying things you can do but I like to just keep it simple and just listen to your body. One of the kind of simple things like do you wake up in the morning feeling okay. You know do you feel okay, are you waking up before the alarm

clock for example you know or is like the alarm clock the bane of your existence. You know so simple things like that can start to tell you but what we really need to focus on is stacking conditions in your favor to make sure you get into your normal sleep cycles. All right, so it doesn't really matter how much sleep you get if the quality is screwed up and one of the things that can – I will just throw this out there. I am not against drinking you know little sippy sippy all right. All right and I like it with my wife especially where she has some wine.

Chalene Johnson: Oh you are like, but she has some wine.

Shawn Steve: It's interesting you know.

Chalene Johnson: Uhoo I have that husband.

Shawn Steve: So just a little, just a little bit and [0:18:35] there are some benefits.

Chalene Johnson: Sure.

Shawn Steve: But it's the timing because drinking alcohol before bed is clinically proven hands down to help you fall asleep faster. No doubt, however what's messed up is that it throws off your normal REM sleep cycle. This is what leads to the "Hangover" all right.

Chalene Johnson: Ah!

Shawn Steve: You can be sleep passed out for 8 hours, 10 hours.

Chalene Johnson: Right.

Shawn Steve: But you wake up feeling like a wreck because your body didn't go through those natural cycles and you don't necessarily know it consciously. This is the whole issue. And so it's not about the time on the mattress or for you, in the beginning, its time in the bedroom.

Chalene Johnson: Right.

Shawn Steve: It's the time that you are spending in that deep anabolic sleep and also cycling through REM sleep. And really quick just to let people know what the difference is. So REM sleep is Rapid Eye Movement sleep. This is when you are getting your dream on and this is actually really important process because your brain at this time is doing something called memory processing and converting what you are learning right here on the Chalene Show right at this moment into a part of solid structure in your brain. It's turning into a short term memory.

Chalene Johnson: I like to describe that process if I may as you are taking everything from the day and putting it in order. So it's kind of like somebody takes all of your clothes in your closet and they throw them on the floor and during REM sleep, it's somebody like hanging them back

up, the skirts are where they should be, the blouses are organized by sleeve length, and if you don't get the REM sleep, you are just dealing with one big messy closet in your head.

Shawn Steve: Yeah love that!

Chalene Johnson: Thank you.

Shawn Steve: Fantastic.

Chalene Johnson: Thank you, you can use it. It's a fashion analogy and you know because that really for me, I didn't realize how important that was that REM sleep and why it was having such an effect on my ADD, my memory and you know going through the process of doing a sleep study and then I did a nap study because when I was sleeping enough hours, I wasn't getting enough REM sleep.

Shawn Steve: Yeah.

Chalene Johnson: And so when I did the nap study, it was hysterical I mean like they can go sleep. I'd like snap a finger and be grr! Because I was so deprived even with 8 hours because I wasn't getting proper REM.

Shawn Steve: Yeah.

Chalene Johnson: So for those people who are having a glass of wine, I guess like everything is so conflicting. You know a glass of Red wine a day is what we hear publicized in the news or you know drink a cup of coffee a day like coffee is bad for you, drinking is bad for you. So if people are going to have a glass of wine or whatever their cocktail is, is there a right time to have it by and is it worst than to have a drink just before you go to sleep.

Shawn Steve: Yeah. So this is great question and I actually give some strategies on how to buffer the experience of getting your sippy sip on and still being able to get some good sleep. So we do want to give our body – ideally give your body a couple of hours before you are planning to go to bed so your body can help the process and to eliminate a lot of the toxins that are going to be generated. And so really simply a way that you can help to accelerate that process is just drinking a lot of water.

Chalene Johnson: I see.

Shawn Steve: Yes it kind of dilutes. So nature's solution to pollution is dilution, you know so kind of....

Chalene Johnson: Nature's solution to pollution is dilution! Is that yours?

Shawn Steve: No I don't know where it came from.

Chalene Johnson: Oh man, I am going to give you credit for that though. I kind of never heard that before.

Shawn Steve: I will take it but just make it sure that you are getting hydrated. You could even keep a picture of water there at the table you know if you guys are having some cocktails and its really as simple as that. So also instead of maybe doing like an all night thing you know with the girls, maybe go for Happy Hour you know.

Chalene Johnson: I see.

Shawn Steve: So just give your body some time to process the alcohol.

Chalene Johnson: How about have a glass of wine with dinner and not a bottle of wine the whole night?

Shawn Steve: Yeah.

Chalene Johnson: How about that?

Shawn Steve: That could be a strategy but some people like – now I got to pop this bottle, I am going to kill it, you know. So if you are....

Chalene Johnson: Yeah that makes for a rough morning.

Shawn Steve: Exactly but if you are doing that, just do it a little bit earlier exactly.

Chalene Johnson: So is there a right time to wake up? Is there a right way to wake up so you don't feel startled, so you don't feel – like sometimes I wake up and I am like, that was sudden and then sometimes I am like, oh that was really nice.

Shawn Steve: Yeah and so this really speaks to our normal sleep cycles for the average person, they are about 90 minutes and if your alarm clock goes off in the middle of the sleep cycle, again even if you are getting good quality sleep, you might wake up feeling a little groggy because it's pulling you out of a certain stage. So I recommend people to time their sleep along with 90 minute sleep cycle. So that would line up to be 7.5 hours sleep generally or if you want to take 90 minutes off, 6 hours would be my recommended minimum amount of sleep.

Chalene Johnson: Okay.

Shawn Steve: And I think a lot of people can do really solid with that if they do all the things in stack condition to make sure they are getting quality sleep. Then like those super star players like LeBron James, he is at the ten mark, you know, so or 9 to 10. So you are adding on another additional sleep cycle on top of the 7.5.

Chalene Johnson: Wow!

Shawn Steve: So it's just something to play around with you know to try to get 90 minute sleep cycle standard cookie cutter you need 8 hours of sleep.

Chalene Johnson: Yeah.

Shawn Steve: Whatever, just experiment with the stuff to try to find out.

Chalene Johnson: If someone is on a journey right now to lose weight.

Shawn Steve: Yeah.

Chalene Johnson: How important is extra sleep like should they be getting the recommended number of hours? Will they see better results if say they get an extra half hour, hour.

Shawn Steve: Let me tell you. I mean there is very few things that really get to me but like 24 hour gyms is just so – it's so counterproductive because people have this idea you know like I just got to get it in. You know not understanding that you are at such a disadvantage with your body's ability even to burn fat in the first place because you are not sleeping properly. You know, so I would definitely recommend people foregoing an hour workout and workout for ten minutes and then get great sleep.

Chalene Johnson: Nice.

Shawn Steve: You know and you know this too like the power of just doing a smart exercise program. It doesn't have to take a long time.

Chalene Johnson: Yeah.

Shawn Steve: You know but you need that sleep for your body to transform.

Chalene Johnson: Oh that's so good and now let's talk about shift workers...

Shawn Steve: Yeah.

Chalene Johnson: Because I get that a lot from people who are like, I would love to but I don't have the luxury because I am a shift worker. So how do they work around that and I guess we just have to be honest and say, it's not healthy.

Shawn Steve: Yeah. That's the first thing to understand and I actually – I speak to this a lot because there are a lot of public health experts you know or physicians or nurses or public safety, you know firefighters, police officers who are just getting crushed by sleep deprivation.

Chalene Johnson: Right, yeah!

Shawn Steve: And the research is shocking. When you see the rates of you know high blood pressure and diabetes and police officers who work overnight compared to their co-workers. Same thing with nurses. There was a fantastic nurse study done and they found that nurses who do shift work, okay so working the overnight shift. About 50% greater increase of breast cancer.

Chalene Johnson: Wow!

Shawn Steve: And here is what's so crazy is that even if it's not consistent, so if they just do it part time through the week maybe 2 or 3 days and that's a big thing with hospitals. They do 12 hour shift three days a week and then they get back to a normal schedule. They have almost a same rate of breast cancer.

Chalene Johnson: Well let's talk about their ability to make you know when you are administering life saving medications, when you are suturing up somebody's heart.

Shawn Steve: Yeah.

Chalene Johnson: How does sleep deprivation being off your sleep cycle let's say they are even getting the right amount of hours. What are we dealing with when we are putting that – somebody's life in the hands of someone who is sleep deprived?

Shawn Steve: Yeah it's scary. It can be very scary and you know I also talk about the comparison with driving drunk and being sleepy. The research...

Chalene Johnson: How do they compare?

Shawn Steve: They are almost the same and the national highway patrol in all their – their research, it's really hard to track because tracking somebody who is sleepy versus somebody with the blood alcohol level but there was a great MythBusters episode that I studied in the book and the MythBusters themselves, they admitted, it was the most dangerous experiment that they did driving while sleepy and they had a police officer there to monitor everything and it was crazy yeah. So physician study, all right this was actually done on physicians. They did a test, they did a procedure. Sleep depriving for 24 hours had them do the same exact thing. It took them 14% longer to do the same exact thing and they made 20% more mistakes.

Chalene Johnson: Why do we let dumb things continue like it's – who does it serve? Like why do we let these things just continue like doctors don't want to work those shifts? I don't think like this is silly.

Shawn Steve: This is one of those things where you know, you don't know what you don't know and...

Chalene Johnson: But we do know.

Shawn Steve: Not to that extreme like that study that I just said. Most people don't know about that. They know like it's probably not but it's like I want to [0:26:59] with those still you know like he's got the expertise but what we all want? We don't want our physician, we don't want our husband or wife. We want the best of them. You know, your kids want the best of you to show up.

Chalene Johnson: Absolutely yeah.

Shawn Steve: And we are not showing up as that person when we are sleep deprived, period.

Chalene Johnson: No. Let's talk about how sleep because I listened to a recent podcast of yours about relationships and sleep and by the way, there is so many experts that talk about sleep and talk about how beneficial it is. Can I say for the record, what I love about your book is it's yeay yeay yeay we know it's good for us but can you tell me how to get it, can you help me make changes in my life so that I can actually get it and you do. You provide so many solutions and so many – well okay fine if that doesn't work, you try this. And we will then try this like there is just no excuse after you read your book that you are not going to get more sleep and I want to thank you for that.

Shawn Steve: Big hug! Thank you.

Chalene Johnson: Seriously, it's awesome. I love – you are the first person I've ever you know read or heard from that has a position on your sleep position that makes sense.

Shawn Steve: Yeah.

Chalene Johnson: And you guys, you've got to pick up the book for that reason alone because I think we all struggle with what position we sleep in...

Shawn Steve: Yeah.

Chalene Johnson: And you really handle that well like I am like Brett and I were like high-fiving.

Shawn Steve: That's awesome but you know to go back to the point of the relationships which you mentioned Brett...

Chalene Johnson: Yeah.

Shawn Steve: Wow! I mean I just did a show about this on my podcast and wow! This was very sobering when I saw the research. So first of all, here is what's going on in the brain. We mentioned a little bit about the glucose issues. So you see Berkeley did a study, Brain imaging scans actually looking at what's going on in your brain when you are sleep deprived. So #1 your amygdala which is this "reptilian" part of your brain, very primal part of your brain that's mainly concerned about survival of self. That part of your brain is lit up after 24 hours sleep deprivation. It's on fire.

Chalene Johnson: Right.

Shawn Steve: The more evolved prefrontal cortex, insular cortex what we talked about earlier that's the more human part of your brain that's responsible for distinguishing between right and wrong, social control, making decisions, it's cold. That part of your brain is going cold. You basically you are getting an amygdala hijack all right and so that part of your brain is taking over and you are very reactive, you are very aggressive, you are very irritable right and so your best friend can look like your worst enemy when you are tired and a lot of times we don't know its happening. It's just like you are stupid! You know like we don't even – we don't understand that we are not processing information properly and so they took couples – studies on a couples and it was a two-week study and they found that the couples who had sleep issues. So if one – just one of the partners had a sleep problem the night before, they would like 20% to 25% more likely to argue the next day, okay just automatically and do not resolve the argument.

Chalene Johnson: Because one of them is already in a heightened unreasonable state where the things seem bigger, right?

Shawn Steve: Right, right and there was a different....

Chalene Johnson: Which is never good for any relationship and especially not good for resolving a lot of fights.

Shawn Steve: It's of course not because a lot of the things too are irrational. So it will be like the dishes you know like it will just be the most horrible thing in your life or traffic, you know like it will all be pulled out of context. Everything will seem so much more inflammatory but it's because that primitive part of your brain is running the show and there was a different study and this was the part that was most sobering for me. It doesn't matter if you got great sleep. If your partner didn't get great sleep, you are far more likely to have a negative conflict the next day, okay and it's because they are in that state.

Chalene Johnson: Not because it affected your sleep.

Shawn Steve: Right.

Chalene Johnson: Oh that makes sense to me, yeah.

Shawn Steve: Yeah so because you are like, what are you talking about you know it doesn't make sense and you get pulled into it. So this is a call....

Chalene Johnson: Well let's talk about that emotional state and I don't mean to interrupt but I want you to go back to that thought but often times when people are dealing with a trauma or a setback or something really upsetting or challenging you know, you can think of something right now that's incredibly upsetting that affects your sleep.

Shawn Steve: Yeah.

Chalene Johnson: And affects your emotional state.

Shawn Steve: Yeah.

Chalene Johnson: The best thing you could do, it sounds like from this research and after I listened to the episode of your show. By the way I don't think we've mentioned this yet. Shawn has an amazing podcast called The Model Health Show and when I heard that about the emotional state in sleep.

Shawn Steve: Yeah.

Chalene Johnson: And maybe you realize like if you are going through something traumatic, you need to sleep.

Shawn Steve: Yeah, yes. You've heard that saying, sleep on it, you know.

Chalene Johnson: Yeah.

Shawn Steve: Just actually allowing yourself to relax and recover because you are going to show up better for everybody who might need your support the next day. So another thing that it requires more evolving when brain is compassionated. So we can easily be in a state of sympathy, you know like I am in it with you or empathy even. You know it's like I feel what you are feeling but to have compassion is like, I understand how you feel, how can I help you? You know and you are not emotionally pulled into it so easily because you are not run by that emotional reactive part of your brain. So I hope that makes sense?

Chalene Johnson: It does especially in relationships because you know a lot of us are attracted to someone who in many ways is our opposite.

Shawn Steve: Yeah.

Chalene Johnson: And it's really hard when you are in emotional state to feel compassionate for someone whose life would be perfect if they were just more like you.

Shawn Steve: Yeah.

Chalene Johnson: I mean let's face it and it's hard to feel compassionate, it's hard to....

Shawn Steve: Perspective take.

Chalene Johnson: Yeah.

Shawn Steve: Yeah.

Chalene Johnson: And so to be in the heightened state which you are explaining really is affected by lack of sleep.

Shawn Steve: Yeah.

Chalene Johnson: It is just making everything worse.

Shawn Steve: You know what else that was so just and it made sense too is that also you are missing out on the positive emotions. So the research was showing that after having an achievement, if you are sleep deprived, you don't feel as happy versus people who achieve something and they were well rested. Weddings are perfect example.

Chalene Johnson: Oh yeah!

Shawn Steve: You know like there is so much that goes into it but then you just – you can't fully embrace and enjoy the process.

Chalene Johnson: Yes.

Shawn Steve: You know so this happens for a lot of things like you are working so hard to achieve something but if you are draining yourself, you are not going to get that fulfillment and that joy but you are going to look back on it with different color vision, you know and so this is just another encouragement like if you want to get the juice out of life too and to really be present, to enjoy, just make sure you are getting your sleep on because again there is a difference between doing work and being effective and I mentioned that physician study. You are going to make a lot more mistakes, you are not going to have your full capacity for creativity, problem solving. You are going to get more work done faster if you are well rested and you will be able to enjoy the process.

Chalene Johnson: Wow! People you need to pick up the book. Here are some things that you are going to learn in the book. And it's why you need to pick it up and that is, you are going to learn how your room needs to be set for sleep. You are going to learn about your environment, you are going to learn about your devices, you are going to learn about what you should be sleeping in, you are going to learn about sheets, you are going to learn about what you should

be wearing, you are going to learn what positions to be in and how to figure out like if some of you are side sleepers or you are tummy sleepers or back sleepers and you just need to understand, okay if I am not going to change this, how can I improve this.

Shawn Steve: Yes.

Chalene Johnson: And Sean, you gave so many awesome solutions where you know people are still going to want to engage in their routine and regular behaviors and you really gave so many solutions for people that this is the book that's going to help you get more sleep. I hold firm in my belief that I think most people know sleep is good for them and they need more. You are fighting the good fight because we are so distracted and we are so called to do more and the message from everyone is, hustle and sleep when you die and work a little harder....

Shawn Steve: Hash tag no sleep.

Chalene Johnson: And if you want it....yeah and if you want it, you are going to have to put in – you are going to have to sacrifice.

Shawn Steve: Yeah.

Chalene Johnson: And most people look at their day and their schedule and they say, I can't sacrifice anything I guess except sleep.

Shawn Steve: I love the word sacrifice because for me, it means and I am a big student of Lexical like I love the break word sound. So it means to make sacred and this is what it's really about. It's making sleep sacred, you know making your health and you are showing up as a best version of yourself, a sacred practice. So sleep is no longer an obstacle. It's something that helps to complete you and make you the best version of you. You know so instead of having even that thing of I am sacrificing this to get that, make it sacred. Even creating a sacred sleeping space you know which is what we talk about in the book, Creating Your Sleep Sanctuary where my mission is not to tell people to sleep more, it's to sleep smarter you know. Stack conditions in your favor so that the sleep that you do get is awesome and you can show up and crush it every day.

Chalene Johnson: So Sean, tell people how they can get their hands on your book?

Shawn Steve: Awesome. So if you go right now, so it's the prelaunch stage. We are giving away some absurd, beautiful, awesome bonuses.

Chalene Johnson: We love bonuses.

Shawn Steve: Bonus sandwich.

Chalene Johnson: Bonus me.

Shawn Steve: It's sleepsmarterbook.com

Chalene Johnson: Sleepsmarterbook.com, okay.

Shawn Steve: And I know that people have been around especially audience, people releasing books and they are giving away like a PDF to like learn how to tie a knot or some random thing that has nothing to do with what you actually want.

Chalene Johnson: Right.

Shawn Steve: And so my mission was to – because I don't ask for a lot. You know I've just been somebody who's just given everything that I have and so all these amazing companies that I've been involved with over the years, they were so willing to help and to give to this mission. So we are giving away like actual supplements. We are giving away physical things. We are giving away a \$25 gift card throughout market which is basically like kind of like Whole Foods Online.

Chalene Johnson: Really \$25?

Shawn Steve: 25 bucks yes.

Chalene Johnson: Wait, so you – that's crazy.

Shawn Steve: For every – yeah just for buying one book. So one of the things I talk about in the book which is really, really important to mention here is Magnesium. Right, so there was a really crazy study done on people with chronic sleep disorders aka insomniacs. 100% of them were deficient of magnesium.

Chalene Johnson: Really?

Shawn Steve: And after getting their magnesium levels elevated, it effectively reversed the issue.

Chalene Johnson: Wow!

Shawn Steve: Right, so – but here is the issue though is that trying to take it in supplement form you know basically orally....

Chalene Johnson: Yeah.

Shawn Steve: There is something called basically a threshold point that you hit and it will cause – we will call it disaster pants. Right....

Chalene Johnson: Okay got it...

Shawn Steve: You got to be careful taking a lot of internal magnesium because it pulls water to your bowels.

Chalene Johnson: True.

Shawn Steve: Not sexy, all right?

Chalene Johnson: No it's not.

Shawn Steve: I found that the best and most effective way to get your magnesium levels optimized is topical applications or putting it on your skin and so a lot of people might like how does that even work – hormone creams okay. Epsom salt is actually Magnesium Sulfate stored for long time to help you to relax, ease sore muscles, help you to sleep better but this particular magnesium that I've been using for 3 years, its right by my bed stand and I am out of town with you guys. So I bring it with me. It is incredible and we are giving away bottles of that as well.

Chalene Johnson: Wow!

Shawn Steve: So all kinds of cool stuff like that...

Chalene Johnson: In addition, you pick one bonus or you get all of them?

Shawn Steve: It depends on which bundle. If you get a book bundle...

Chalene Johnson: Okay got ya!

Shawn Steve: And then you also get a video series with me, you know so all kinds of cool stuff, so...

Chalene Johnson: And for those people who might be listening to this podcast after your book releases which it comes out...

Shawn Steve: March 15th.

Chalene Johnson: March 15th. So you definitely want to get on the preorder because you are rewarded with those bonuses but let's say you happen to be listening to this after the release, look for it in bookstores, can we find it in bookstores?

Shawn Steve: Absolutely yes. So it will be in every bookstore around the nation and we've got some crazy stuff happening internationally as well. So it's getting translated in a few languages.

Chalene Johnson: Wow! Dang! And Amazon of course?

Shawn Steve: Yes Amazon.

Chalene Johnson: And how long before we get an Audiobook because you know I am a big Audiobook fan.

Shawn Steve: Yeah we are working on that, yeah.

Chalene Johnson: Okay. Don't wait people! You know I always say, buy the hard copy and then listen to it because repetition is the key to learning and when we really learn something and we understand it, that's when we make permanent change in our lives and Shawn, this has been so enlightening. I could turn this into a four hour interview. I want people to know, I want them to know so many other things that are contained in this book. Should you wear bra to bed or not, you will know when you read the book. Should your husband be wearing boxers or tighty whities or should he be sleeping in the nude. You will know when you read the book. So pick up your copy and Shawn, thank you so much for being a guest here on The Chalene Show.

Shawn Steve: You are the best. Thank you so much.

Chalene Johnson: This episode has been sponsored by courageousconfidenceclub.com, it's a club that I have created specifically to help people who struggle with confidence and insecurities in 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 you have to do is while you are listening from your phone, send me a text message. The number is 949-565-4337 and that is for US 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 its work or personal or just your social interactions.

Every one of us can benefit from having more confidence. There you will 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 will 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.