



This Is Your Life Podcast

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Michael Hyatt

Michele Cushatt: Welcome to *This Is Your Life* with Michael Hyatt, where our goal is to help you win at work and succeed at life. My name is Michele Cushatt. I'm your cohost today, and joining me in this conversation is Michael Hyatt. Hey there, Michael.

Michael Hyatt: Hey, Michele. How are you doing today?

Michele: I'm doing well.

Michael: Good.

Michele: I'm actually doing really well. However, a few weeks ago that wasn't necessarily the case. In fact, I walked into my husband's office one day and let out one of those big dramatic sighs which I think he has gotten used to hearing from me. I walk into his office and just stand there and have to let out a big old dramatic sigh. He's like, "Okay, what's wrong?"

I told him that earlier that day that I had felt great, and then almost instantaneously, I went from feeling good about life and everything to feeling on the verge of tears and completely discouraged about everything. You know, it's not just being discouraged about one thing. You're discouraged about everything all at once.

Michael: Sure.

Michele: I explained this to him, and he looked at me and said, "Maybe you need a nap." It seemed so profound to me. I've heard you share something somewhere at one point in time, but his advice was absolutely right. Actually, right after he said that, I went upstairs and took an hour-long nap, a pretty long nap, and I felt like a new woman afterward.

It was such a little, tiny piece of advice, a small piece of advice I wish I had gotten a long time ago, because how many days have I let myself get derailed by what I thought was discouragement but was really just a lack of sleep? Have you had something similar?

Michael: Oh, totally. Gail has made a habit of this with me. I tend to get discouraged later in the day. If I'm going to get discouraged, I'm going to get discouraged later in the day. So many times, she has said, "Honey, are you really discouraged, or do you just need a good night's sleep?" I've gotten to the point, Michele, that when I'm coaching people who are struggling with some aspect of their health, productivity, or being focused, like the first question I ask is how much sleep they're getting.

I mean, I think it's the most fundamental, most important thing, and it has been linked to all kinds of things like heart health, productivity, and all of the rest. When I don't get enough sleep, it impacts me (I was telling you this before we came on today) in at least five ways. First of all, *I'm less focused*. We've all had this experience where we've been trying to read a book and kept reading the same page over and over again.

Sometimes you read the same sentence over and over again. A lot of times, that's nothing more than the result of us just being tired. You know, we're not thick headed. We're not dumb. We're just tired, and we can't stay focused. So it affects me at that level. A second way a lack of sleep impacts me is that it *makes me less creative*. You know, when I'm really well rested, I'm full of ideas. I'm resourceful. I come up with all kinds of stuff.

But when I'm tired, everything seems like a chore, so I'm not creative. Another way it impacts me is *I'm less resilient*. In other words, I'm (to be honest) a little more sensitive. It's easier to get my feelings hurt. It's easier for me to get frustrated. I'm just less emotionally resilient. When I'm rested, it's like water off of a duck's back. It's just like I have the capacity to deal with it, but when I'm not rested, I don't. The fourth way it impacts me is *I'm less generous*.

When I'm sleep deprived, I'm self-centered. I'm just not others-focused. But when I've had a good night's rest, it's easy for me to be thinking about the other people in my life, and that's important. Finally, another thing that comes with sleep deprivation is that *I'm just less productive*. You know, whatever I'm trying to do just seems to take longer.

It's kind of like the lack of focus thing. I'm just less productive. I'm more easily distracted. It seems like it takes longer to get through a task I could do in half the time if I were rested. Those are just some of the practical ways a lack of sleep could impact you, and there are probably others as well.

Michele: This is such a powerful list because... I think sometimes we minimize our need for sleep. Especially those of us who are achievers feel like sleep is such a waste of time. Just think of how much we could accomplish if we could cut out a couple of hours of sleep. What you just presented here to begin are very true consequences of not getting the sleep you need.

It's that lack of focus, lack of creativity, lack of resilience, lack of generosity, or even an inability to think about anybody's needs but your own. Then the fifth one was that you have less productivity. That's the one that I think hits me the hardest, because I think that if I can stay up a couple of hours later, I can get more work done, but what you're proposing is that getting more sleep will actually help you achieve more.

Michael: Absolutely. There are literally times when I make the choice... Like if I've been traveling or I've had a particularly busy schedule, I'm going to sleep in, and I'm going to prioritize my sleep even over exercise.

Michele: Mm-hmm.

Michael: I mean, both of them are important, right? But if push comes to shove, I want to make sure I get my sleep. For me, I know that needs to be about seven hours.

Michele: Yeah, I had this very situation come up today. I've been sick for the last several days with a respiratory virus (nothing big). I'm so determined to exercise every day, and I wanted to get up this morning and go out and exercise anyway, and I had to make myself stop and say, "Okay, what would better serve me right now: sleep or exercise?"

Considering the fact that I've not been feeling well, I had to agree that sleep was really what my body required. Boy, it went against my grain because my achiever self wanted to get out there and check the box of "Exercise every day." It just wasn't the best way to serve myself at that point.

Michael: You know, you just need to have a checklist item on your to-do list that's, "Sleep seven or eight hours," so you can feel like you did something. You can check it off, and you've done it.

Michele: True. By the way, for the record, I am someone who needs about eight or nine hours of sleep a night. I have learned this about myself.

Michael: Oh, good.

Michele: I don't apologize for it anymore. I used to think that was bad. It's just something I just have learned. I have to get eight or nine hours of sleep. We'll talk about that in a minute. I would imagine you will bring that up as we go through this.

Michael: I will.

Michele: Today we're talking about *how you can achieve more by sleeping more: eight tips to reclaim the rest you need*. This is not optional. That's why I think it's so important that this title has the phrase *the rest you need*. We need this in order to function, and we can't compromise when it comes to sleep.

So you're going to give us eight different tips to reclaim the rest we need so that we can ultimately achieve more and be more productive in the time we have in a way that doesn't harm us or the people around us. Let's go ahead and dig in. By the way, if you're feeling like you're not very productive right now, I want you to at least consider in the back of your mind the possibility that it could be the fact that you're not sleeping enough.

That could be a big part of why you're not achieving or getting through your to-do's like you think. So let's reframe how we think about that, and rather than assuming you need to work harder and longer, consider that perhaps you need to sleep more and work just a little bit less. You'll actually get more done. Let's go ahead and dig in, Michael. What is your first tip for reclaiming the rest we need?

Michael: The first tip is to *avoid caffeinated drinks, especially after 4:00 p.m.* In my 20s for sure, but even in my 30s, I could drink a full cup of coffee at like 9:00 at night and go right to sleep. It didn't faze me at all. But I noticed when I started getting into my 40s that I started developing some sensitivity so that if I had caffeine in the evening, if I had a cup of coffee in the evening, I wouldn't get to sleep until 2:00 in the morning.

That's definitely true today, so I had a cup of coffee when we were recording earlier, but that's it. I want it to be out of my system so it's not keeping me awake. I think everybody is different, but you have to test your own sensitivity to caffeine. If you're having a hard time falling asleep, especially, it could be the caffeine that is the culprit, so just eliminate it or at least dial it back, especially in the afternoon.

Michele: Well, I'm sitting here right now and drinking some green tea, which has caffeine, but I want you to know I really, really wanted a cup of coffee but knew you would be talking about this, so this is my way of dialing it back. I'm having green tea instead of coffee, which probably is not much better, but that's such a valid point. One thing I've noticed as I've gotten older is that I'm much more sensitive to caffeine than I used to be. Gauging that is such an important part of this equation.

Michael: Yep. Absolutely. It's an easy fix.

Michele: Yeah. Easy. All right. Avoid caffeinated drinks, especially after 4:00 p.m. What is the second tip?

Michael: The second one... By the way, these just come out of my own experience. Your experience may be different. You kind of have to know your own strengths and weaknesses, but the second one is to *eliminate negative input*. This is important for me because, to be honest, I'm a worrier. Now on my StrengthsFinder test, "Achiever" is my first strength.

The second one is "Strategic," which means that in a positive sense, it's really easy for me to see how to get from here to there. I almost always have an almost instantaneous, intuitive sense of what it's going to take to get from here to there no matter what it is we're talking about. I may not always be right, but I always have a sense of what it should be. The negative part of that is that I worry, so I'm always thinking of worst-case scenarios. That's the negative part of it. "Well, if this happens, then what's going to happen?"

So I have to avoid negative input. I remember that back when I was the CEO of Thomas Nelson Publishers, we were owned by a private equity company in New York. It was in the middle of the recession, and I knew that if my phone rang after about 7:00 at night and if it was a New York telephone number...

I'm sorry, but I'm not going to take that phone call, because I'm just going to worry. I'm probably going to worry anyway. They probably weren't calling to tell me I won the lottery. There was probably some problem we needed to think about, but I would end up thinking all night and get absolutely no sleep. So I have to avoid negative input.

I do watch the news. For me, news is kind of like sports are for some people. Especially this election year, it's like a big sporting event, but I have to be really careful about it. If it's too negative and if it's late at night, I'll start worrying about all of this stuff that Dr. Covey referred to as your circle of concern as opposed to your circle of influence.

You know, if there are terrorist attacks (like I heard today happened in Africa yesterday), that's certainly significant to the people in Africa, but that's in my circle of concern, not my circle of influence. I can't do anything about it, but I could worry about it, and it could rob me of the sleep I need to be productive, focused, creative, generous, and all of the things we were talking about at the beginning.

Michele: Such good advice. Eliminate negative input. I've grown so that I turn my phone and my computer as well as the TV off a good hour before bed because I have just learned that if I get a bunch of texts, e-mails, or anything, I cannot settle down. So I pretty much do nothing but read for the last hour or so before bed, and that has been really good for me.

Michael: Yeah. Me too. I think that's a great way to do it.

Michele: Okay. Eliminate negative input. What's that third tip?

Michael: *Go to bed on time.* This is really key, because if you're going to get a good night's sleep, you have to get to bed on time, and you have to be disciplined about that. It's really easy to go from one distraction or diversion to another, surfing the Internet especially, and not get to bed on time. If you're an entrepreneur or a leader, there's always something else to do, and if you're not careful, you start thinking, "Okay, as soon as I finish this blog post I'm writing..." or, "As soon as I get caught up on e-mail..." or whatever it is.

There's always more work than time, so at some point, you have to draw a hard boundary and just say, "Look, I'm going to bed on time because tomorrow is important too. Oh, by the way, when I'm rested, when I'm refreshed, I'm going to be twice as efficient as I am right now as I'm trying to grind out this task when I don't feel as resourceful as I need to. In truth, I don't have access to the same kinds of emotional and intellectual resources when I'm tired."

So getting to bed on time is important. For me... Again, everybody is going to be different. There's no righteous time to go to bed, but for me that usually begins winding down at about 9:00 so that I'm definitely in bed at 10:00.

Michele: Why don't you take a moment to speak to the power of developing a sleep routine you follow, because there's a lot of science behind having the same sleep routine every single night as far as the quality and length of sleep goes.

Michael: Yeah. You know, our bodies take cues from the rituals we observe, so if you look at professional athletes, the top performing quarterbacks, or the top performing golfers or basketball players, you'll see they have rituals they use in preparing to get themselves to peak performance. It works in anything we're trying to do, any behavior we're trying to manifest in our lives. If we can ritualize the lead-up to it, that will really help trigger the emotions and intellectual stuff that get us into that.

So I do have a nighttime ritual I go through, and usually it begins with reading. Then I transition from that to the simple acts of brushing my teeth, flossing, washing my face, and all of that kind of stuff, just kind of winding down. Sometimes (I don't do this every night) I'll take a hot bath just to relax myself. I find that, especially with Epsom salts, is tremendously helpful.

By the way, Gail and I always go to bed at the same time every night. We always go to bed together. I think that's really helpful as well. We'll lie in bed together and pray. Then we ask ourselves to name our three wins for the day. I'll typically ask her, "Okay, what were your three wins for the day?" because we want to end on a positive note, not worrying and fretting

about what we didn't get done or being in a place of scarcity. You know how it is? You get up really early in the morning and think, "Oh my gosh. I have a list that's too big, and I feel overwhelmed."

Then you go to bed at night feeling like, "I didn't get it all done. There's so much left on the table." But I think that to go to a place of gratitude really reframes the events of the day, especially when it has been a bad day. To be honest, today has been really rough. There has been some negative stuff today, and it seemed like we had all of these technical problems, and that was just part of it.

Even in these days, Gail will ask me, "Okay, what were your three wins?" I might be tempted (especially if I'm tired) to say, "I didn't have any wins today." She'll say, "Well, if you had to say there were three wins, what would they be?" That forces me to dig a little bit deeper. You've heard me say this too. My daughters are involved with the company called doTERRA, an essential oils company. I have an oil protocol I use.

Using lavender, by the way, can be very sleep inducing. It can relax you. I always use lavender every night. We also have the same playlist we play every night. It's music we've selected that we've been listening to for over a decade now. Every night, it's like the same four or five songs. I'm usually asleep by the middle of the second one. Having that kind of defined ritual helps.

Michele: I love that. Mine is much simpler than that, but my routine is very similar. It's brushing my teeth, settling down, putting on comfortable pajamas, and all of that. But usually I open a book, and by the end of the first page, I'm asleep.

Michael: There is some value in boring books right there.

Michele: Well, I actually love to read really good books, but it has become like a trigger now. The minute I start to read, it's like my body goes, "Oh, she's ready for sleep," and I can hardly stay away.

Michael: Yeah. That's good.

Michele: That's so great. So far we've talked about the first tip, avoiding caffeinated drinks, especially after 4:00 p.m. The second tip, eliminating negative input. The third tip, going to bed on time. We spent a little time talking about the science of developing a bedtime ritual, a bedtime routine. It actually does trigger your body to know it's time to sleep. What is the fourth tip you have?

Michael: Yeah, the fourth one is to *make sure the room is dark*. I mean, this probably goes without saying, but the science is there. There's a lot of research done on this. When you have any kind of light in the room, it's going to impact your sleep patterns. So we use really heavy blinds and block out all of the outside light so the room is absolutely dark.

Each of us has a clock at our bedside, but the light is very faint. You can hardly see the numbers, but I like to know what time it is. Otherwise, I worry, wondering what time it is. So yeah, get it as dark as you possibly can because just our physiology... We pick up cues biologically from our environments, and if it's dark, that cues us to go to sleep. So make it dark.

Michele: Absolutely. Well, our bedroom has cathedral ceilings, and there are windows toward the top that are oddly shaped, so we couldn't get blackout curtains over there. So I invested a whole whopping \$11 in an eye mask I bought on Amazon. Let me just tell you it's my favorite purchase in the last two years.

Michael: That's awesome. I travel with one.

Michele: Yeah. I mean, seriously, my husband makes fun of me because I look a little bit like a bug when I wear it, but I take my eye mask with me everywhere I travel. I wear it every single night, and the quality of my sleep has gone up significantly because of that silly \$11 eye mask.

Michael: That's a great suggestion. Well worth it.

Michele: It's my best friend. All right. So far we've talked about four of the eight tips for reclaiming the rest you need. Our goal today is for you to achieve more by sleeping more, which sounds counterproductive, but in actuality, sleep is absolutely essential to your productivity, so when you focus on getting consistent, quality sleep every night, you actually accomplish more in a smaller amount of time.

That's what Michael is equipping you to do today: reclaim the rest you need. We still have four more tips coming up in a minute, but before we dig into those, Michael, let's talk a little bit about this wonderfully successful new book you have out called *Living Forward*.

Michael: Yes. It's *Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want*. It has been endorsed by Seth Godin, Tony Robbins, Patrick Lencioni, Dave Ramsey, John Maxwell, Lysa Terkeurst, and others. But we're getting amazing mail on this because what we encourage people to do is create a life plan. Stop drifting and be really intentional in every area of your life. We walk you through the process step by step.

We're getting all kinds of e-mails from people who have said, "You know, I had about given up," or, "I had lost hope, and now all of a sudden I feel like I have some agency in my life, and I'm able to kind of create the life I really want." I think that's why it's resonating with people. People want to believe their lives have purpose and meaning, but it's easy to get caught up, be overwhelmed, and not be as intentional as we all know we should be, so this is really a book about that. It's short.

It's a quick read (about 150 pages), but the most important thing is what we advocate in the book: to take a day, set it aside for yourself, and actually begin to think through what it is you want in the major categories of life, whether it's your marriage, your spiritual life, your intellectual life, your physical life, your friendships, your parenting, or whatever it is. We just help you think through that so you have a plan.

Michele: Yes. Once again, just to recap, this is a brand new book by Michael Hyatt and Daniel Harkavy. It's called *Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want*. You know, I can't help but think the stakes around this book are so significant. The price of the book is... I bought several of them today and over the last few days for friends.

It was like \$13.01 on Amazon. What a small investment for such huge stakes in your life: how you can be intentional about crafting the life you want and avoid any kind of drift that has hijacked your life at this point. Like you said, it's short and easy to apply, and the transformation we've already heard is pretty phenomenal. You have an additional free tool you've made accessible to readers of *Living Forward*. Would you tell us a little bit about that?

Michael: Yeah. I would really encourage people to try this out at livingforwardbook.com, there's something called the Life Assessment Profile. You go to livingforwardbook.com, and there's a link there for the assessment that you can click on. It's absolutely free, but what it does is measure your passion and progress in each of the nine major life accounts.

One of the things we've discovered is that to have a sense of satisfaction, a sense of fulfillment in each of these life accounts, whether it's spiritual, your marriage, your parenting, your career, or your finances, you have to feel passionate about it and you have to feel like you're making progress.

This just helps you assess where you might need to do a little bit of work, where you could celebrate, and... We specifically give you advice in each of those life accounts on how you can take it to the next level, reclaim the passion if you don't have it, or begin to see progress if you haven't been seeing that. Again, that's the Life Assessment Profile. You can find it at livingforwardbook.com.

Michele: That Life Assessment tool is absolutely free for you. Check it out right now and take advantage of that as well as get your copy of the book for yourself or perhaps your spouse, a coworker, your employer, or your employee. Work through that together as well as individually, and I think you're going to be very pleased with the results.

All right. Today we're talking about how you can reclaim the rest you need and achieve more by sleeping more. That might just be my new motto for life, my goal. I love that. Achieve more by sleeping more. Michael, you're giving us eight tips to reclaim that rest we need. The first four include avoiding caffeinated drinks, eliminating negative input, going to bed on time, and making sure the room is dark. What is the fifth tip you have for us today?

Michael: *Keep the temperature cool.* I think you have to know yourself, and some people like different temperatures, but I find that the cooler it is (within reason), the better I sleep, so we typically keep it 67 to 68 degrees year round. Gail tends to like it at 68, and I like it at 67. I like having a sense of the covers on me. I like the covers. I like heavy covers on me, so if I keep it at that temperature, I can do that. But I just sleep better when it's cool. Do you experience that as well?

Michele: Yeah. Actually, my husband and I were just talking about it this morning because we put flannel sheets on our bed in the winter. We live in Colorado, so it's very cold, but we've had an unseasonably warm spring, and for the last several nights, we haven't slept well. All of a sudden this morning, I had a light bulb go off. I was like, "I bet we're too hot. We need to take the flannel sheets off."

Michael: Yeah, there's something about it. I mean, if you look at the science on this too, there have been some studies done on this. At cooler temperatures, most people sleep better. If you're the exception, fine. Sleep at a temperature that's comfortable for you. But you might try adjusting it until you get a temperature that works for you.

Michele: Yeah, some people like hot yoga, so maybe that's for them.

Michael: Not me.

Michele: All right. Let's move on to the sixth tip. What is the sixth tip you have for us to reclaim our rest?

Michael: Yeah, the sixth tip is to *run a fan or use some kind of white noise generator.* I've been sleeping with a fan since I was in college, and Gail was used to the practice as well, so we turn a fan on every night. Our kids do the same thing. It's amazing how this kind of stuff gets

passed generationally. My grandkids are probably going to be doing it too. When I'm traveling, I use a little application on my iPhone called White Noise.

I don't even remember what it cost, but I've used it for years. I use it when I take a nap in the afternoon. In case you do download that app, I want you to know it has a whole bunch of sounds. You could listen to gentle rain, the surf, or the wind through the trees. There are probably 30 or 40 sounds there. I don't actually use the white noise sound; I use the brown noise sound because it's a little bit deeper. It's more resonant, and I just like it better.

You may like the white noise sound better. But the great thing about white noise (this works with a fan too) is it blocks out a lot of other noise so you're not distracted if a limb breaks outside or there's an animal or something. I mean, it just keeps you from being distracted, so that's why I like white noise. I can't actually sleep without it now.

Michele: I've been resistant to using any kind of fan or white noise because I tend to be a very light sleeper, so those things sounded kind of contraindicated for somebody like me, but you're saying it could actually help.

Michael: Yeah. You may have to get used to it. Some people don't need this, and that's fine too, but I like it.

Michele: All right. There we go. Run a fan or use some kind of white noise generator. Michael recommended perhaps an app called White Noise that you can look at as well. You may have to try it out. It may not work for you, but that's just one more tip. What is the seventh tip for reclaiming the rest we need?

Michael: Yeah, I mentioned this when I was talking about my nighttime ritual, but let me go into depth a little bit. That's to *use essential oils*. This may be a little bit odd. I don't know if this is true for you in Colorado, Michele, but it's kind of the craze in a lot of parts of the country. In fact, I spoke last Friday night at a doTERRA leadership conference out in Utah.

A lot of people have rediscovered sort of the medicinal and healing powers of essential oils. I'm not involved with the company at all. My daughters are. They work for a company called doTERRA, and I don't have any interest in it other than by wanting to see my daughters prosper and be successful, but they've really educated me.

It has helped me see that a lot of oils (this is my belief) that God has made in the earth can be helpful for all kinds of remedies. One of the things essential oils have helped me with is going to sleep. I actually use three different oils (for those of you who are interested in the details

and want to geek out on this). I use an oil called vetiver, which comes from a root. I rub that on my toes, on my wrists, and behind my ears, on my earlobes.

Then I use frankincense. That's a really old one from the time of the Bible. I use it in the same way. Then I use lavender, and I also put lavender on my pillow. I find that especially the lavender is helpful. It's not only a sort of sensory cue for me that it's time to go to sleep, but it really does help me sleep. There's some research that shows the value of that as well. That's just part of my nighttime ritual.

Michele: All right. Use essential oils. I've used lavender at bedtime as well. You mentioned this earlier in the podcast, but doing a bath with Epsom salts and lavender mixed in has been a great combination for me before bed.

Michael: I like that too.

Michele: All right. So use essential oils. What is that final tip for reclaiming the rest we need?

Michael: This probably is not going to apply to everybody, but for 95 percent of my listeners, it will. I know the demographics of my audience. Regardless, it's *prayer*. I mentioned this again in my nighttime ritual. Gail and I pray together every night. We lie in bed, we hold hands, and we pray about the things that are important to us.

Just as a practical benefit, it gets off of our minds the things that are concerning us so we don't have to be thinking about them all night. You know, there's this verse in the Scripture. I think it may be in Psalm 55. It says, "Cast your burdens upon the Lord, and he will sustain you." I think that's really true as a practical matter.

To believe I can give all of this to God and let him handle it and that I can worry about it later, I can deal with it later... To give it to him and then not think about it is great. So whatever has us burdened down, whatever has us weighed down, we can just unload that through prayer and get focused on getting a good night's sleep.

The other thing that's a benefit is that it really connects us as a couple. I think that to share that kind of intimacy spiritually is extremely helpful in building our relationships. Sometimes there are tears and sometimes there's laughter, but it always kind of reconnects us, at the end of the day, with something that is the single most important priority in our lives, which is our relationship with God.

Michele: Well, I find that whether I'm praying out loud or even praying in a journal, it's a way for me to basically remove those worries and concerns from the to-do list in my mind. I table it

on a piece of paper or through prayer to handle tomorrow. It's going to be waiting for me tomorrow, but why lose a good night's sleep before then? We can tackle it again tomorrow, but prayer or journaling is such a beautiful way to offload that temporarily to deal with later.

Michael: Yes. I agree.

Michele: Now one thing we didn't talk about in these eight tips... We've talked about eight different tips here for reclaiming the rest you need. I'll recap quickly. First, avoid caffeinated drinks, especially after 4:00 p.m. Second, eliminate negative input. Third, go to bed on time. Fourth, make sure the room is dark. Fifth, keep the temperature cool. Sixth, run a fan or some kind of white noise generator. Seventh, use essential oils. Eighth, pray.

One thing we haven't talked about that I've become more familiar with in the last year, probably, is the impact of diet and even alcohol on your ability to sleep. Have you had any experience with how food and/or maybe a glass of wine or something can impact the way you sleep?

Michael: Well, yes. People definitely talk about that. One of the problems with alcohol... I'm not opposed to the moderate use of alcohol. I will typically have a glass of wine in the evening, and it doesn't bother me, but for some people, that will turn to sugar and spike their blood sugar. It kind of can act like caffeine in a sense. Do you have a problem with that?

Michele: Well, I just think it's interesting. Once again, I'm mentioning that as I get older... This is where I need everybody to send me feedback about how young I am. I'm just fishing for reassurance there. No, as I have gotten older, I have felt more like it helps me go to sleep initially but keeps me from staying asleep.

Michael: Yes. Gail has that same experience. It doesn't affect me that way. But that's why I think we have to listen to our bodies and we have to kind of be students of our own bodies. I mean, to me everything is an experiment. I noticed years ago that if I eat high glycemic carbs, right after lunch... It makes me really sleepy for the rest of the afternoon because it also has a negative impact on my blood sugar. But that's just one of those things you learn by trial and error if you pay attention. Food and drink can be like a medicine, so use the right medicine.

Michele: Absolutely. You have such great, practical tips for how we can reclaim the rest we need. I only have one final question for you. Have you taken your nap today?

Michael: I did.

Michele: Oh, I'm so proud.

Michael: I only got 15 minutes. That's all I had, but that was enough. I went completely to sleep. Now before somebody says, "Well, I just can't sleep. When I try to take a power nap like that..." I've trained myself over the years to go to sleep quickly, but sometimes I can't go to sleep. Today was a little bit harder, but then I just start noticing my breathing.

I just try to get really present and just pay attention to my breath. That usually seems to help. I fell asleep. It took me a little longer than usual, but I fell asleep. I can hardly sleep longer than 20 minutes no matter what I try. I never set an alarm. I don't have to. I just wake up after 20 minutes. So it sometimes takes a little bit of practice.

Michele: Well, I look forward to getting a lot of practice in, because I am a big believer in sleep, probably now more than ever before. Well, I have thoroughly enjoyed this conversation today, Michael. If you as a listener have enjoyed today's episode, you can get the show notes and the full transcript at michaelhyatt.com. If you prefer to watch rather than listen, you can also watch the entire video posted at michaelhyatt.com as well. Do us a favor before you go today.

It will only take a few seconds, I promise. Head over to iTunes and rate this podcast. You can leave a review if you'd like, and we'd very much appreciate that, but simply rating this podcast helps us get the content out to a wider audience of people. It makes a huge difference for us in doing what we do, and we are so grateful when you take the time to do that, so thank you ahead of time. Do you have any final thoughts for us today, Michael?

Michael: Yeah. I would say to people that if you're feeling like you've lost focus, if you're feeling unproductive, if you're feeling a little discouraged, one of the first things you might try... I mean, you might be clinically depressed. Okay. But before you go to see a psychologist or a counselor, I would just ask yourself the question, "Are you getting sufficient sleep?" If you're experiencing health problems, are you getting sufficient sleep? Get that one checked off of your list. It may be more than that, but that's a great place to start.

Michele: Excellent. Thank you so much, Michael. As usual, you have great, practical wisdom we can put into practice today. For those of you who have joined us, thanks so much for being part of our greater family.

Until next time, remember: Your life, your one and only life, is a gift. Now go make it count.