

Your Sleep Blueprint

Evidence-based strategies personalized to your chronotype. Based on the Morningness-Eveningness Questionnaire (Horne & Ostberg 1976) and Munich Chronotype Questionnaire (Roenneberg et al. 2003).

1 What's Your Chronotype?

<p>Q1 If free to plan your day, when would you wake up? A) Before 6:30 AM B) 6:30-7:30 AM C) 8:00-9:30 AM D) After 9:30 AM</p>	<p>Q2 When do you feel sharpest for mental work? A) Early morning (6-9 AM) B) Mid-morning C) Afternoon-evening (2-8 PM) D) Late night</p>
<p>Q3 How do you feel 30 minutes after waking? A) Wide awake B) Alert after a few minutes C) Groggy, need 30+ min D) Foggy, broken sleep</p>	<p>Q4 If you had to do intense exercise, when? A) 6-8 AM B) 8-11 AM or 3-5 PM C) 5-8 PM D) Whenever - hard to schedule</p>
<p>Q5 How would you describe your sleep quality? A) Fall asleep fast, wake early B) Generally good C) Hard to sleep before midnight D) Light, rarely rested</p>	<p>Q6 On a free weekend, when do you naturally fall asleep? A) Before 10 PM B) 10-11:30 PM C) Midnight-1:30 AM D) Variable</p>

Mostly A
Morning Lark
Advanced circadian phase

Mostly B
Intermediate
Solar-aligned rhythm

Mostly C
Evening Owl
Delayed circadian phase

Mostly D
Sensitive Sleeper
Variable / high arousal

2 Your Chronotype Protocol

<p>Morning Lark <i>~15-25% of population. Earlier DLMO.</i></p> <table border="0"> <tr> <td>Sleep Window</td> <td style="text-align: right;">21:30 - 05:30</td> </tr> <tr> <td>Peak Focus</td> <td style="text-align: right;">06:00 - 10:00</td> </tr> <tr> <td>Caffeine Cutoff</td> <td style="text-align: right;">11:00 AM</td> </tr> </table> <ul style="list-style-type: none"> • Hardest tasks first - brain sharpest at dawn • Exercise 6-7 AM to reinforce early phase • Dim lights by 8 PM • Don't sleep in >1h on weekends 	Sleep Window	21:30 - 05:30	Peak Focus	06:00 - 10:00	Caffeine Cutoff	11:00 AM	<p>Intermediate <i>~50-55% of population. Well-adapted.</i></p> <table border="0"> <tr> <td>Sleep Window</td> <td style="text-align: right;">22:30 - 06:30</td> </tr> <tr> <td>Peak Focus</td> <td style="text-align: right;">09:00 - 13:00</td> </tr> <tr> <td>Caffeine Cutoff</td> <td style="text-align: right;">1:00 PM</td> </tr> </table> <ul style="list-style-type: none"> • Morning sunlight within 30 min of waking • Creative work before lunch, admin PM • Exercise 8-11 AM or 3-5 PM • Regularity is your superpower 	Sleep Window	22:30 - 06:30	Peak Focus	09:00 - 13:00	Caffeine Cutoff	1:00 PM
Sleep Window	21:30 - 05:30												
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<p>Evening Owl <i>~15-25% of population. Higher social jet lag risk.</i></p> <table border="0"> <tr> <td>Sleep Window</td> <td style="text-align: right;">00:00 - 07:30</td> </tr> <tr> <td>Peak Focus</td> <td style="text-align: right;">17:00 - 21:00</td> </tr> <tr> <td>Caffeine Cutoff</td> <td style="text-align: right;">2:00 PM</td> </tr> </table> <ul style="list-style-type: none"> • Bright light 15 min upon waking • Melatonin 0.3-0.5mg, 5-7h before sleep • Morning exercise to shift your clock • Protect your late creative window 	Sleep Window	00:00 - 07:30	Peak Focus	17:00 - 21:00	Caffeine Cutoff	2:00 PM	<p>Sensitive Sleeper <i>~10% of population. Hyperarousal-linked.</i></p> <table border="0"> <tr> <td>Sleep Window</td> <td style="text-align: right;">23:30 - 06:30</td> </tr> <tr> <td>Peak Focus</td> <td style="text-align: right;">10:00 - 14:00</td> </tr> <tr> <td>Caffeine Cutoff</td> <td style="text-align: right;">11:00 AM</td> </tr> </table> <ul style="list-style-type: none"> • CBT-I techniques are key for you • No clock-watching, remove clocks • Body scan or yoga nidra before sleep • Consistent wake time is #1 priority 	Sleep Window	23:30 - 06:30	Peak Focus	10:00 - 14:00	Caffeine Cutoff	11:00 AM
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3 The #1 Sleep Metric You're Ignoring

Sleep regularity predicts mortality better than sleep duration. A 2024 UK Biobank study (n=60,977) found the most regular sleepers had **20-48% lower all-cause mortality** - independent of how many hours they slept. Consistent bedtime and wake time outperforms hitting 8 hours on random schedules. [1]

852M

ADULTS WITH INSOMNIA GLOBALLY

\$411B

ANNUAL COST IN THE US ALONE

48%

LOWER MORTALITY WITH REGULAR SLEEP

4 Universal Sleep Rules

Morning Protocol

- **Sunlight within 30 min** of waking - 10+ min outdoor light sets your master clock
- **Delay caffeine 90-120 min** after waking to clear adenosine naturally
- **Same wake time daily** (+/- 30 min), weekends included - most impactful habit
- **Morning exercise** amplifies phase-setting and boosts deep sleep

Evening Protocol

- **Dim lights 2-3h before bed** - overhead lighting suppresses melatonin by 50%+
- **Screen curfew 1h before bed** or use red/warm filters
- **No food 3h before bed** - late eating raises core temp and fragments sleep
- **Warm bath/shower 1-2h before** - cools core via vasodilation

The Big Three to Avoid

- **Alcohol within 4h of bed:** Suppresses REM, fragments architecture. 2-3 drinks = losing ~1 sleep cycle
- **Caffeine after your cutoff:** Half-life 5-8h (CYP1A2 genotype). A 3 PM espresso is 50% active at 9 PM
- **Irregular schedule:** Weekend sleep-ins disrupt your clock like flying 2-3 time zones ("social jet lag")

5 Bedroom Environment



Temperature

Core temp drop triggers sleep onset.

65-68°F / 18-20°C



Darkness

Even dim light suppresses melatonin.

Blackout + Eye Mask



Air Quality

CO2 >1,000 ppm cuts efficiency.

<750 ppm CO2



Sound

White/pink noise or earplugs.

<30 dB



Bed = Sleep Only

If awake >20 min, get up.

No Exceptions



Phone Out

Charge in another room.

Another Room

6 Evidence-Based Supplement Stack

SUPPLEMENT	DOSE	TIMING	HOW IT WORKS	EVIDENCE
Magnesium L-Threonate	144mg elemental	30-60 min before bed	Crosses BBB, enhances GABA. 2024 RCT: +36 min total sleep [2]	Strong
Glycine	3g	30-60 min before bed	Lowers core body temp via vasodilation, promotes slow-wave sleep [6]	Strong
L-Theanine	100-400mg	30-60 min before bed	Promotes alpha waves, reduces anxiety without sedation [8]	Strong
Apigenin	50mg	30-60 min before bed	Chamomile-derived, mild anxiolytic via GABA-A modulation	Moderate
Ashwagandha KSM-66	600mg	With dinner	Cortisol -23%. Takes 6-8 weeks for full effect [5]	Moderate
Myo-Inositol	900mg	Before bed, 3-4x/wk	Serotonin receptor resensitization - targets mid-night awakenings	Emerging
Tart Cherry	480ml or capsule	With dinner	Natural melatonin precursors + anti-inflammatory anthocyanins [9]	Moderate
Melatonin	0.3-0.5mg only	5-7h before sleep	Chronobiotic phase-shifter, NOT a sedative. Short-term only [10]	Strong

The Huberman Stack: Mg L-Threonate (145mg) + L-Theanine (200-400mg) + Apigenin (50mg), 30-60 min before bed. Add Myo-Inositol (900mg) 3-4x/week if you wake at 2-3 AM. Start with one, add every 3-5 days. [8]

7 Coping Strategies

Jet Lag Protocol

- **Eastbound:** Advance 1h/day for 3 days before. Morning light at destination
- **Westbound:** Evening light at destination. Body delays naturally
- **Melatonin:** 0.5mg fast-release at target bedtime, max 5 days
- **Meals:** Eat on destination schedule immediately

Shift Work Survival

- **Light:** Bright first half of shift, blue-blockers last 2h
- **Anchor sleep:** Keep 4h at same time daily, even days off
- **Blackout bedroom:** Non-negotiable for daytime sleep
- **Pre-shift nap:** 20-min nap cuts errors by 34%

Creatine for Sleep Deprivation

- **2024 evidence:** Buffers cognitive decline during sleep loss [3]
- **Results:** 16-29% better processing speed during 21h deprivation
- **Dose:** 3-5g daily creatine monohydrate
- Does NOT replace sleep - reduces the cognitive penalty

Middle-of-Night Waking

- **Don't check the time** - triggers anxiety loops
- **NSDR / Yoga Nidra:** 10-20 min restores 60%+ of nap benefit
- **Myo-Inositol:** 900mg before bed, 3-4x/week
- **20-min rule:** If awake, get up. Read dim. Return sleepy

8 Your 7-Day Quick Start

- | | |
|--|---|
| Day 1 Set a fixed wake time - commit for 7 days, including the weekend | Day 5 Start one supplement - Mg L-Threonate is highest-impact |
| Day 2 Add morning sunlight - 10 min within 30 min of waking | Day 6 Temperature audit - set thermostat to 65-68°F / 18-20°C |
| Day 3 Move your caffeine cutoff earlier by 2 hours | Day 7 Rate sleep quality 1-10 vs Day 1. Most see 2-3 point gain |
| Day 4 Screen curfew - dim lights and no screens 1h before bed | |

9 What to Measure

Free (No Wearable)

- **Sleep Regularity:** Same bed/wake +/- 30 min daily
- **Sleep Diary:** Bed time, wake time, awakenings. 2 weeks min
- **Subjective Quality:** Rate 1-10 each morning
- **Daytime Alertness:** Epworth Sleepiness Scale (free online)

With a Wearable

- **Deep Sleep %:** Target >15%. Physical restoration
- **REM %:** Target >20%. Emotional regulation + memory
- **HRV Trend:** Weekly trend matters more than daily
- **Resting HR:** Lower = better. Spikes flag issues

Ready to Go Deeper?

A personalized assessment identifies *your* specific bottlenecks and builds a protocol around your biology.

zoe-sleep.com

Book a consultation with Dr. Kawalski

martin@zoe-sleep.com | Precision Sleep Medicine | Stanford sleep researcher

REFERENCES

- | | |
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This guide is for educational purposes only. Always consult your physician before starting any supplement or changing your sleep routine.