

# How to sleep better – circadian rhythm, sleep pressure, light and caffeine

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How do you sleep better? A walk through what Matthew Walker, Andrew Huberman and Bryan Johnson agree on - the circadian rhythm, sleep pressure, light, caffeine and the evening routine.

## MAIN TOPICS

- The circadian rhythm and the body clock
- Sleep pressure and adenosine
- Melatonin and light
- Caffeine and its half-life
- Morning light and daylight
- An evening routine and winding down
- The bedroom - dark, cool and quiet
- Alcohol, nicotine and meals
- Sleeping through a Norwegian winter and bright summer nights

## QUESTIONS THIS EPISODE ANSWERS

- How can I sleep better?
- What is the difference between melatonin and adenosine?
- How long does caffeine stay in the body?
- What time of day should I stop drinking coffee?
- Why does a fixed wake-up time matter more than a fixed bedtime?
- What do I do the day after a bad night?
- How cold should the bedroom be?
- Does alcohol help you sleep?
- What do I do when I am lying awake and cannot fall asleep?
- How do I get enough light during a Norwegian winter?

## KEY POINTS

- Sleep is governed by two systems - the circadian rhythm and sleep pressure. Everything else builds on those.
- A fixed wake-up time matters more than a fixed bedtime.
- Caffeine has a half-life of five to six hours, and turns up in more than you think.
- The body needs about an hour to wind down - you do not go from a hundred to zero.
- Alcohol makes you fall asleep faster, but sleep worse.
- The bedroom should be dark, cool and quiet.

## SOURCES AND REFERENCES

- Matthew Walker – Why We Sleep
- Andrew Huberman – Huberman Lab, the episode on sleep
- Bryan Johnson – work on sleep and optimisation

*This is general information, not individual health advice.*

*AI is used as a tool in producing the text, and everything is read through before it is published. Errors can still occur.*