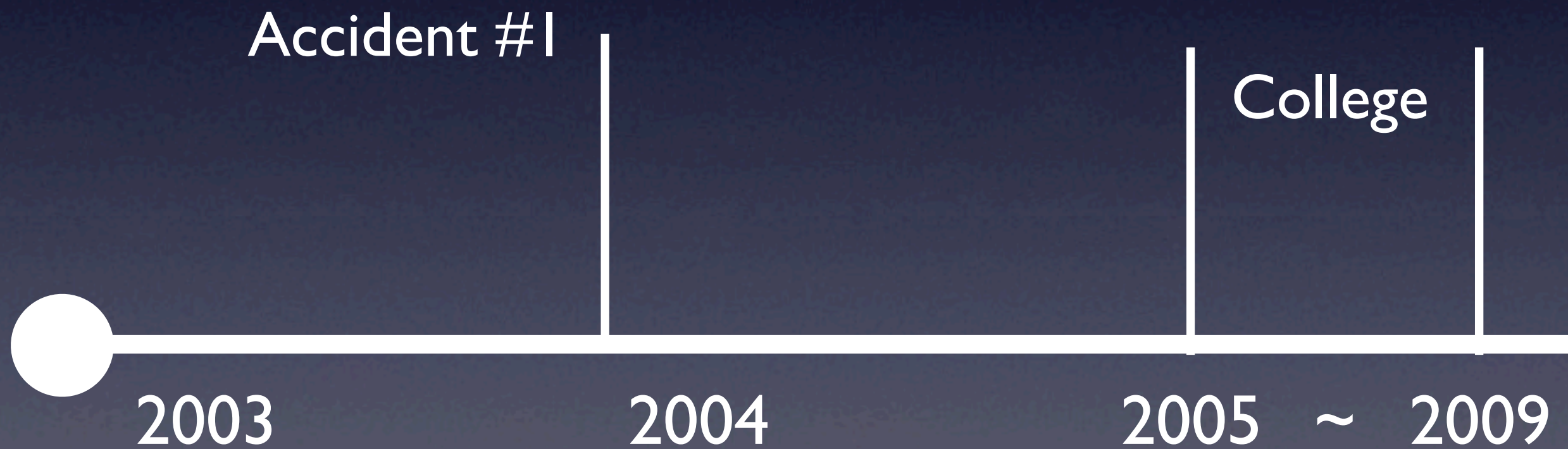


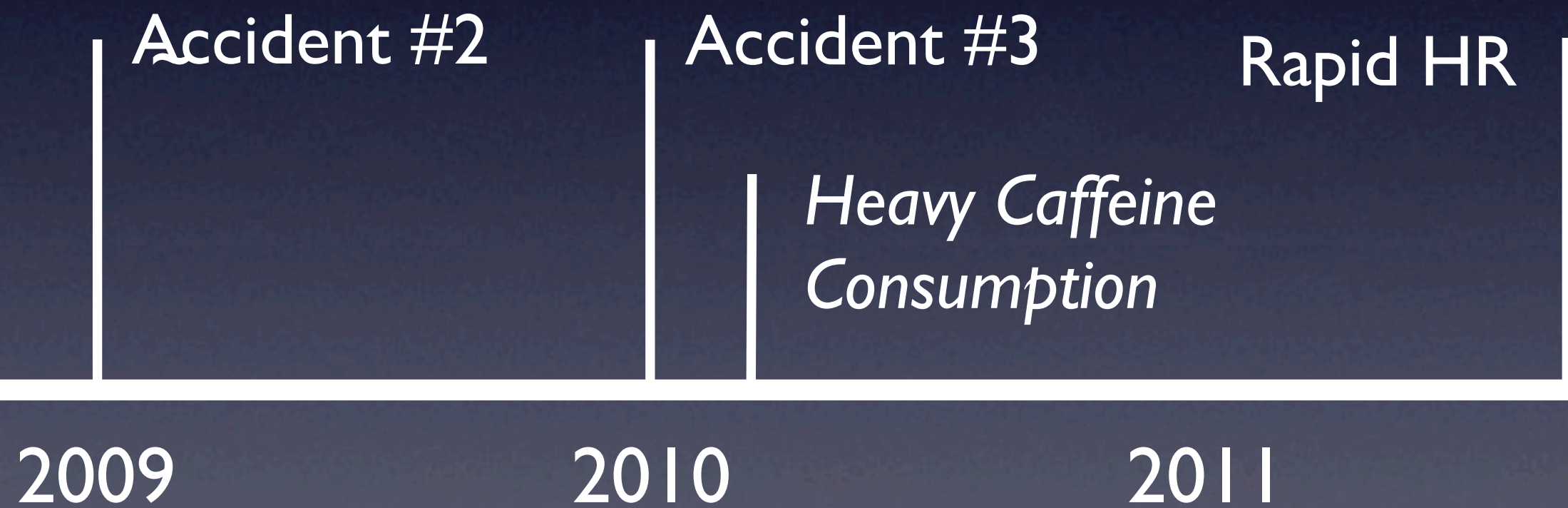
My Journey with Sleep

by Zak Boswell

3/25/14

Timeline





Moved in with fiance

Beginning of Sleep Tracking

Halter Monitor

Accident #4

New Years
Resolution

*New
Dr.*

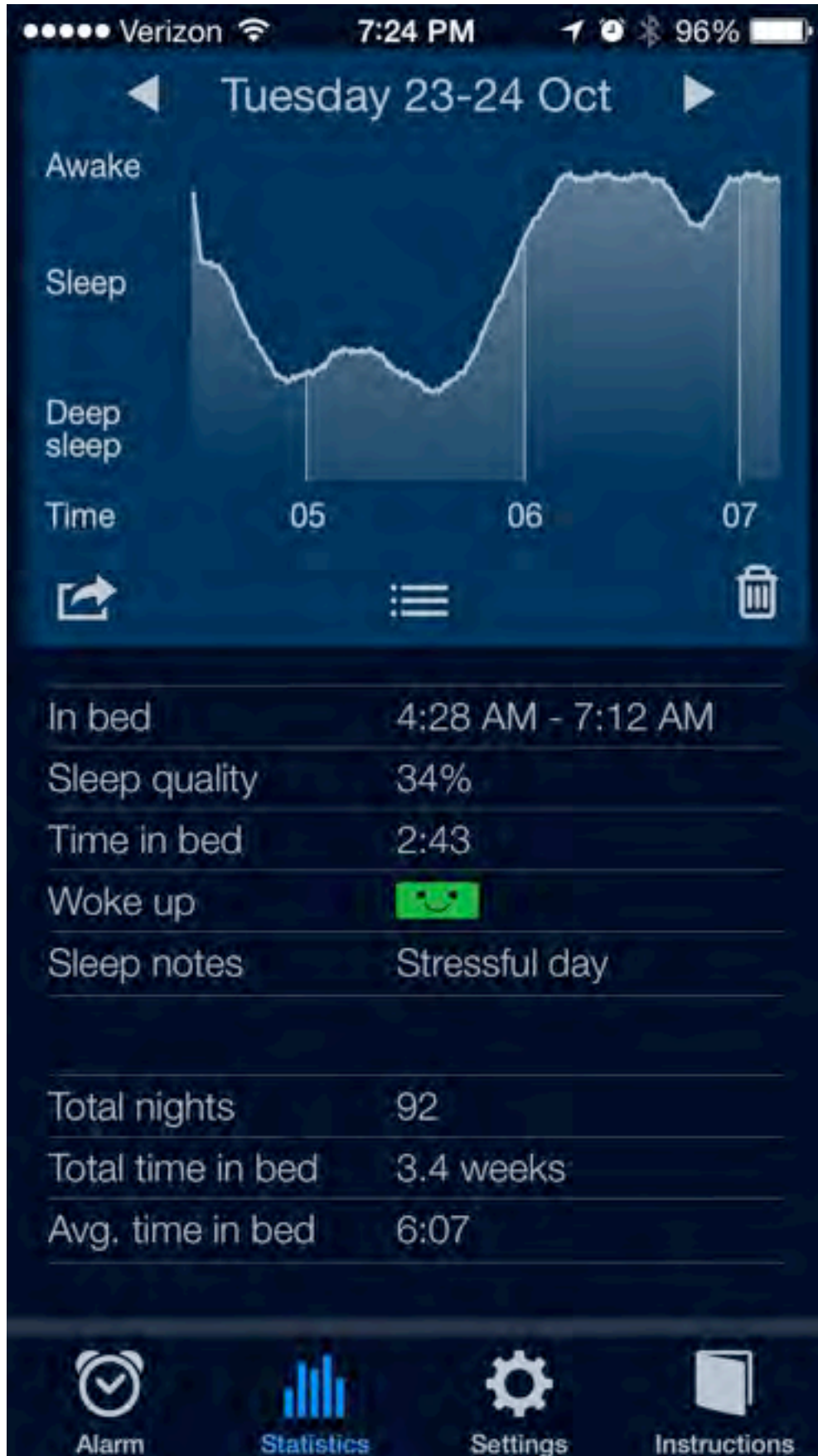
Sleep Study

2012

2013

2014

What happens when you stay up late...



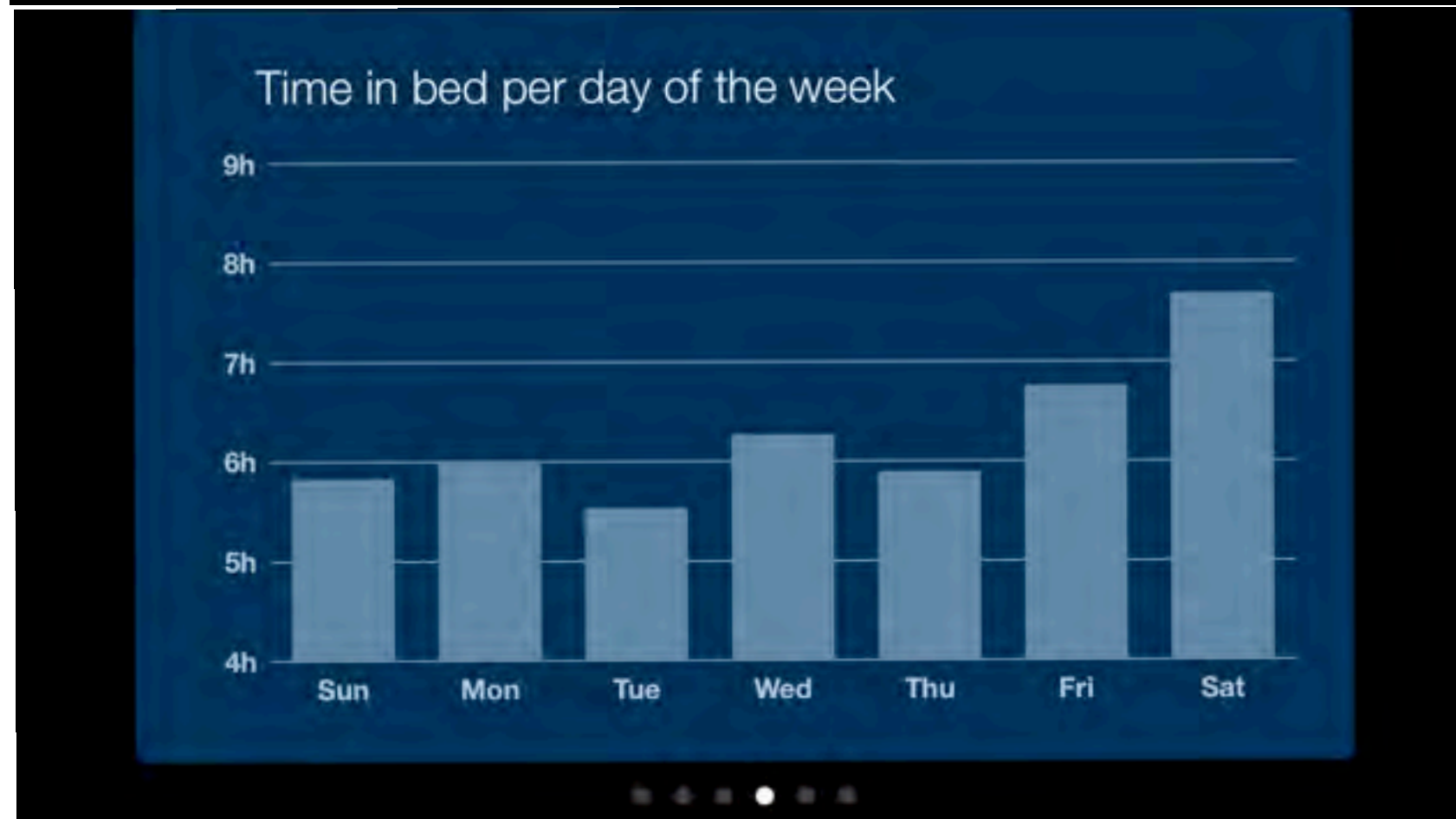
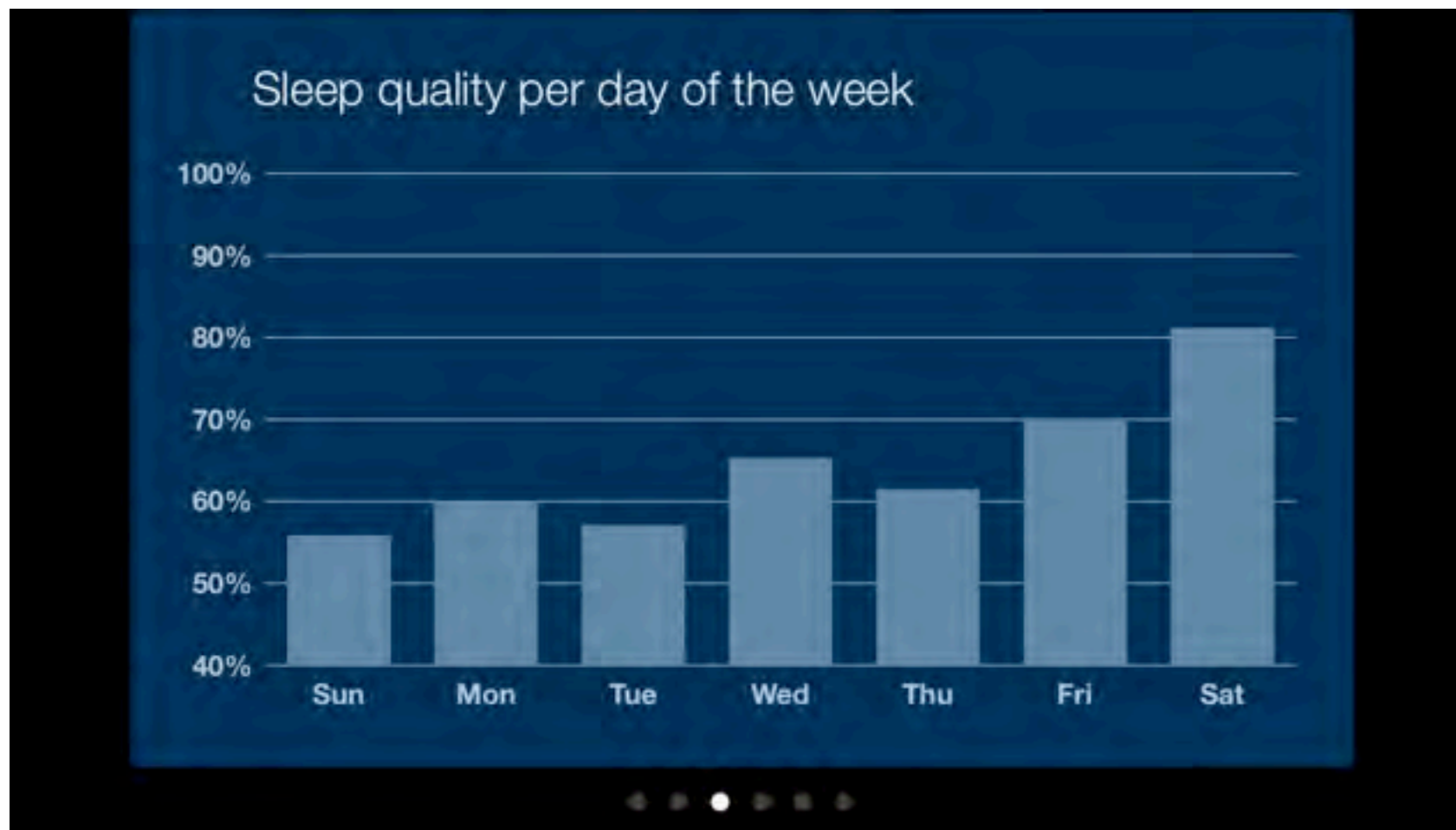
Dropped average to bed time from 2am to 12:30 in 5 months



As a result, sleep quality also increased



Burn the candle all week to catchup on weekends



The Sleep Study

- You insurance covers it!
- This will give us a lot of detail.

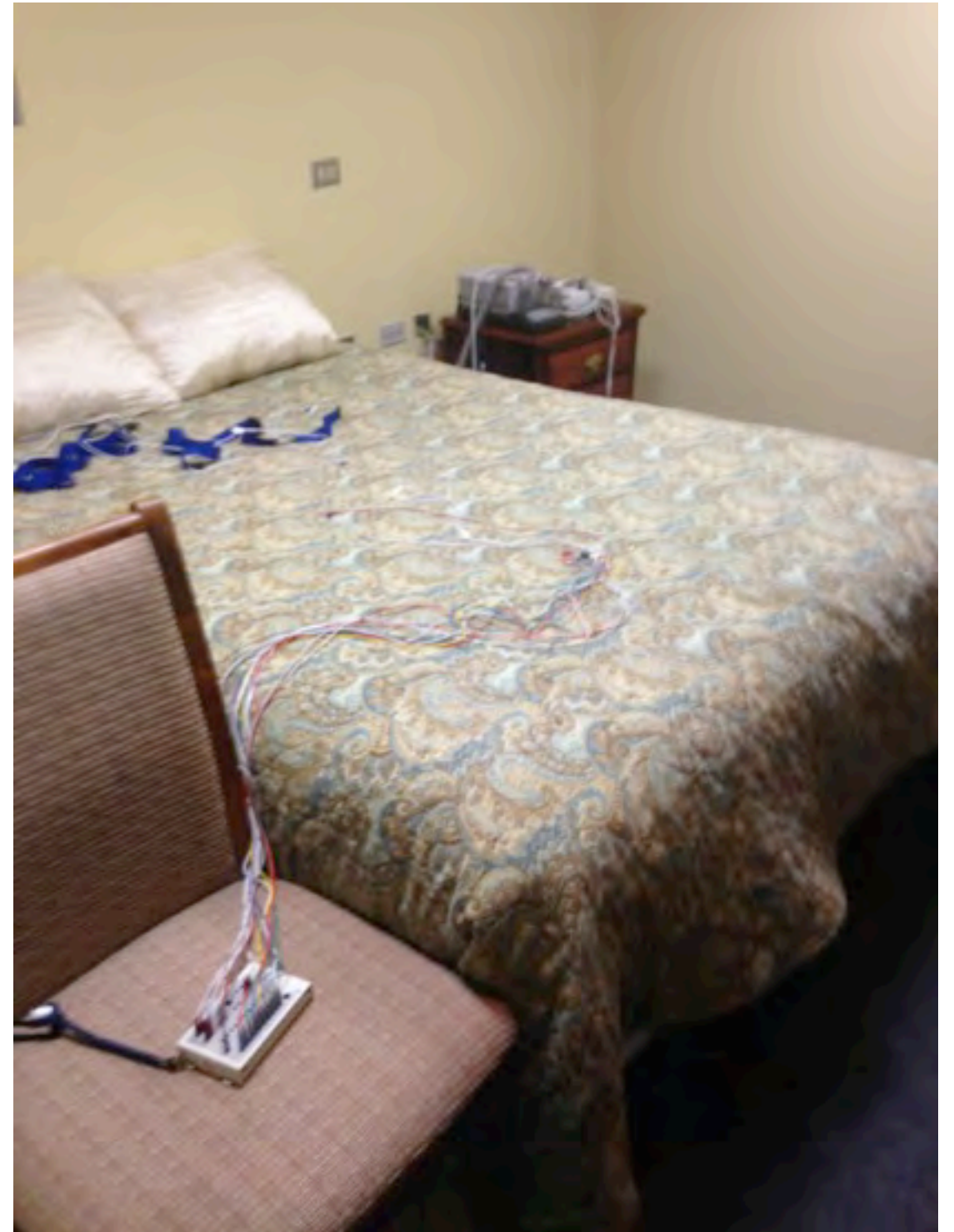
Schedule

8:30pm - Sign in

8:45pm - “Plug in”

9:00pm - Lights Out

5:00am - Wake up!



Interpretation:

Impression:

- No significant Sleep Apnea

Recommendations:

- ENT evaluation for REM related events
- Exercise good sleep hygiene
- Keep a regular sleep schedule including weekends

RESULTS

1. No sleep Apnea
2. Exercise
3. Good sleep hygiene
4. Keep regular schedule
5. Spend more money on other tests

Basis Band



Dropped average sleep time from 12:30 to 11:30am



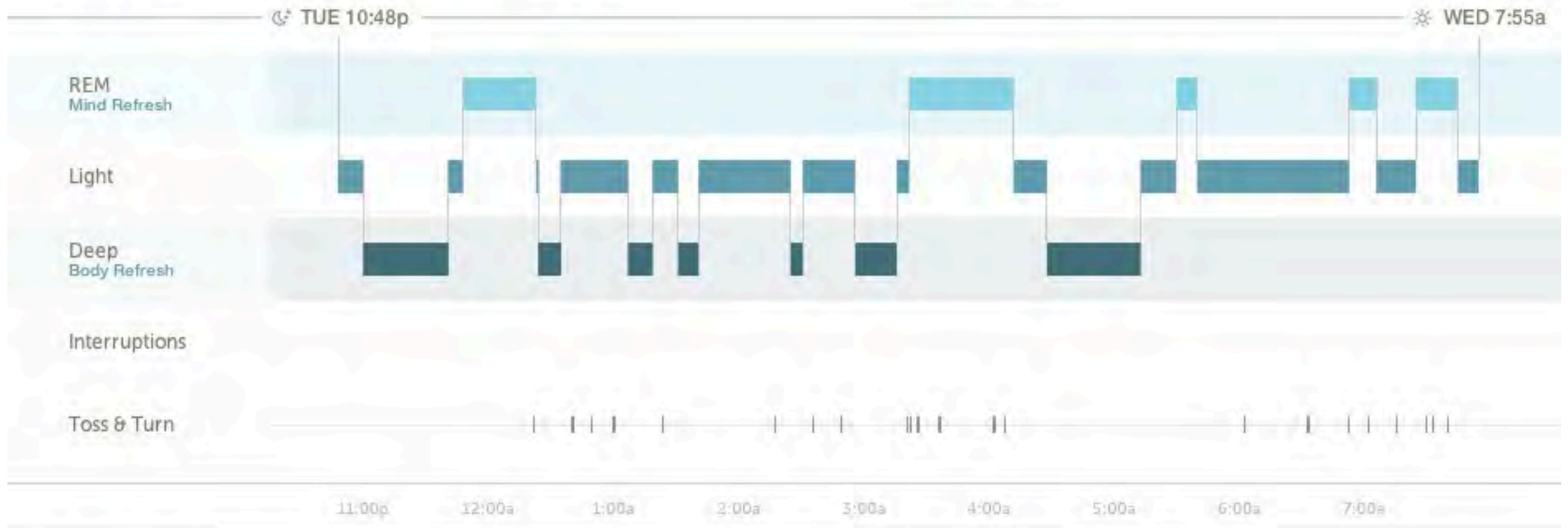
Last night

Asleep at **10:48p** Tuesday for **9 hr 7 min**

94%
Sleep Score

28 times
Toss & Turn

0 times
Interruptions



REM 23%
2 hr 8 min

Light 50%
4 hr 34 min

Deep 27%
2 hr 25 min

Unknown 0%
0 hr 0 min

Last night



Average Day



4 days a week for the gym

Asleep at **11:29p** Monday for **6 hr 28 min**

83%
Sleep Score

32 times
Toss & Turn

0 times
Interruptions



Stayed up later than I would like

Asleep at **12:37a** Wednesday for **7 hr 13 min**

98%
Sleep Score

35 times
Toss & Turn

0 times
Interruptions

🌙 WED 12:37a

☀️ WED 7:50a

REM
Mind Refresh

Light

Deep
Body Refresh

Interruptions

Toss & Turn

1:00a

2:00a

3:00a

4:00a

5:00a

6:00a

7:00a

REM 27%

1 hr 59 min

Light 50%

3 hr 35 min

Deep 23%

1 hr 39 min

Unknown 0%

0 hr 0 min

While this was happening

- Thought that “late night = productive”
- Moved in with fiance in 2011
- Worked 9-5 while doing Code Academy (TSL)
- Had terribly inconsistent schedule

What I Learned

- Get in bed, turn off your device
- Attack the day by waking up first
- Align your life schedule with your partner's
- It's a journey, I still have work to do....

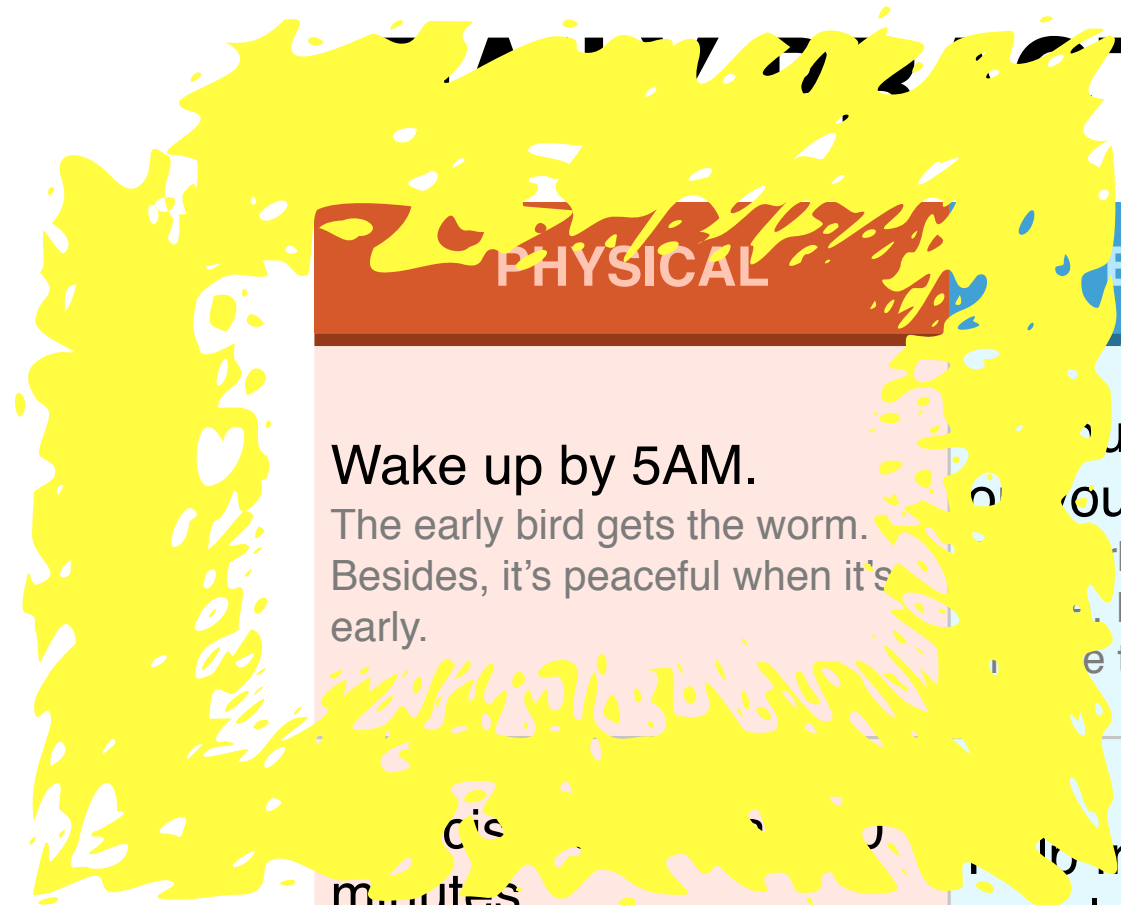
Attack!



BE PROSPEROUS PRACTICE

Be prosperous. Do each of these things every day.

Created by [Kevin Elliott](#). Based on the ideas and daily practice developed by [Richard Branson](#).



PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
<p>Wake up by 5AM. The early bird gets the worm. Besides, it's peaceful when it's early.</p>	<p>Get rid of people that drag you down. The world is full of negative people. Ignore them, don't let them affect you.</p>	<p>Write down a list of names of lists of ideas. 10 businesses you can start from home. 30 ways you can help others without spending any money.</p>	<p>Pray to God every day besides yourself. You don't have to be a religious person.</p>
<p>Exercise for 30 minutes. No excuses. It's too easy to sit in a chair all day. Shoot a hoop, run a mile.</p>	<p>Call your friends, family, and people you love. Except when they bring you down, no exceptions!</p>	<p>Write down a list of ideas. Then, write down even more later. Revisit it later in the day, and even the following day.</p>	<p>Meditate for 10 minutes. Meditate for visualizing your goals. 10 minutes. Sit back straight and breathe.</p>
<p>Do not eat after 6PM. Totally hard, but you'll sleep better. And you'll lose weight naturally.</p>	<p>You don't owe any explanations! Explaining is draining.</p>	<p>List every productive thing you did yesterday. If you did nothing, list what you would have done.</p>	<p>Be grateful every day for forgiving people. Visualize every person who is grateful for you. Person who is wrong and you are right.</p>

Disney CEO Bob Iger

Iger, in the New York Times he gets up at 4:30 every morning. He takes the quiet time to do a number of things, claiming to read the papers, exercise, listen to music, look at email, and watch TV all at once. Even though it's quiet time, he's "already multitasking."



Richard Branson, founder and chairman of the Virgin Group

In an interview with Business Insider's Aly Weisman, Branson revealed that he wakes up at around 5:45 in the morning, even when staying on his private island, leaving the curtains drawn so the sun gets him up.

He does his best to use those early hours to exercise before an early breakfast and getting to work.



Hain Celestial Group CEO Irwin Simon

Simon wakes up at 5 a.m. and immediately starts working through emails and calling operations in Europe and Asia. He also prays, walks the dog and exercises before his kids wake up, often scheduling a breakfast meeting before arriving at his Long Island office by 9 a.m.

"I have always been an early riser. As you can see, I accomplish a lot in four hours and now feel pumped for the remainder of the day," Simon told National Post, also saying



Starbucks CEO Howard Schultz

"I get up at 4:30 every morning to walk my three dogs and walk out. Around 5:45 a.m. I make coffee for myself and my wife, using an 8-cup Bodum French press," Schultz told Bloomberg Businessweek.

The coffee magnate still gets to the office by 6 a.m., according to Portfolio.com.



Brooklyn Nets CEO Brett Yormark

The youngest CEO in the NBA, Yormark is a morning person. He uses his [SellingPower](#) that he gets up at [3:30](#) in the morning in order to get to the office by [4:30](#). From there, he works out and sends motivational emails to his team.

He takes it easy on the weekends, arriving at the office by 7 a.m. instead.



Starbucks CEO Howard Schultz

"I get up at [4:30](#) every morning to walk my three dogs and [jog](#) out. Around 5:45 a.m. I make coffee for myself and my wife, using an 8-cup Bodum French press," Schultz told [Bloomberg Businessweek](#).

The coffee magnate still [gets to the office by 6 a.m.](#), according to [Portfolio.com](#).



Former presidents George HW Bush and George W Bush

The first Bush would get up at 4 a.m., go running, be in the office by 6 a.m. and stay up until 2 a.m. "He was a horror,"

with him.

The second Bush kept a similar schedule, going to the office by 6:45 a.m. and often holding meetings at this ripe hour,



Jason Fried on his daily routine

I don't use an alarm clock. Lately, I've been naturally waking up at 6:38 every morning. I used to wake up at 7:31 every morning, which is actually when I used to wake up that was kind of creepy.



"The early morning has gold in its mouth"

- Benjamin Franklin

Let's start our list with a real powerful man. As one of the Founding Fathers of the United States and most known historical figure, Franklin honored himself in rising early every single day. He was a man who truly knew how to get things done and that determination and perseverance pays off. For example, Benjamin Franklin started each morning by asking himself:

Pin it

3

- What good shall I do today?

Thank You!

Feel free to reach out...

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