

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

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"I'LL SLEEP WHEN I'M DEAD IS AN EXPRESS
TICKET TO AN EARLY LIFE"

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Sleep is one of the most superior “tools” to utilize when trying to improve one’s health. Think back to the last time you woke up refreshed and rejuvenated. Those mornings seem to be magical for most people, but yet few and far between. Following a night of great sleep you hop out of bed, have a positive attitude, and aren’t impacted by the small stuff. This is HEALTH. Unfortunately this is no longer normal. We live in a culture of go-go-go, which means more caffeine and less sleep in attempt to increase work production. All while failing to see that these habits are actually making us less productive, more irritable, and extremely unhealthy.

TRY RESCHEDULING YOUR DAY

Instead of sleeping when we’ve completed all our tasks for the day, we should be prioritizing sleep and then accomplishing what we can before bed. Setting a bedtime and sticking to it is a simple act that will improve all aspects of life.

Sleep is vital. Now let’s consider why, examine what’s happening, and explore the proper times for optimal sleep.



EVOLVING AROUND CYCLES

Virtually everything in this universe revolves around cycles; our days are on 24 hour cycles, our years are on 12 month cycles, our seasons are on cycles, children being born are on cycles, women are on menstrual cycles, the planets around the sun are on cycles, etc.

BACK TO THE BASICS

Understanding that, we can better connect to the importance of getting back to the basics. Waking up when the sun comes up and going to bed when the sun goes down. That's how humans evolved.

Universally, bedtime at 10:30 and waking up at 6:30 is the best time to sleep and wake. This cycle naturally tunes with the earth's cycles. Once changes to this cycle occur, detrimental changes to our health and emotional well-being occur. More sweet cravings, increased irritability, excess weight gain, lethargy, etc.

Sleep is FREE healthcare so let's take full advantage and set our bodies up with the greatest chance of energizing and healing itself.

An aerial, high-angle photograph of a complex highway interchange with multiple lanes and overpasses. The image is in grayscale and serves as a background for the text on the right side of the page.

SLEEP IS THE
CHEAPEST FORM
OF HEALTHCARE

SLEEP 101



Sleep provides integral rest. During sleep, our system can recharge and accumulate more energy while simultaneously repairing the mind and body. This is analogous to having to charge batteries. If you use the battery for too long it needs to be recharged, as do we on a daily basis.

DETRIMENTAL EFFECTS

Sleep deprivation can lead to an imbalance in hormones. Cortisol, the body's stress hormone, can raise. Ghrelin, the hormone associated with hunger, can raise while Leptin, the hormone associated with satiation, will decrease. This combination results in more stress, more food, and a constant state of feeling hungry. It should not come as a surprise how this can become an issue when individuals are regularly getting under 7 hours of sleep. Even 1 night of sleep deprivation can lead to increased cravings, more inflammation, slowed metabolism, and fat storage.

Pay attention to your sleep and how to maximize it.

TOP 3 SLEEP STRESSORS



STRESSOR #1: BLUELIGHT

Bluelight is EVERYWHERE. Cellphones, TVs, tablets, computers, and billboards, all use bluelight. When bluelight hits the retina of the eye a signal is sent to the brain indicating that it's morning and time to produce cortisol, the stress hormone that wakes the body up. Ample blue light at night can hinder the ability to go to sleep, sleep deeply, access REM sleep, and sleep through the night. So when bluelight technology is used at night it up-regulates the production of cortisol and blunts the creation of rest and repair hormones, like melatonin.

APPLICATION

Avoid bluelight at night as much as possible. Turn cell phones, TVs, and computers off 2 hours before bed. Second best option is to use apps on technology to minimize the strain of the blue light. Using "night mode" on phones or tablets will also significantly help. Or justgetflux.com is a free site where you can download their app onto your computer that naturally and automatically changes the color of your screen in accordance with the time outside.

TOP 3 SLEEP STRESSORS



STRESSOR #2: SUGAR + ALCOHOL

Both sugar and alcohol are stimulants that excite the body. While some individuals can get away with a bit of sugar at night, the vast majority of people do NOT do well with sugar before bed. It amps the body up and promotes blood sugar crashes during sleep which results in waking up in the middle of the night and disturbing the sleep. Alcohol can have the exact same result as sugar does.

APPLICATION

Limit or eliminate sugar and alcohol prior to bed for deep, more gratifying sleep. Try eating foods that are fattier in nature (nuts, avocados, fish, etc.) if you noticed sleep is impaired with late night snacks consisting of carbohydrates.

TOP 3 SLEEP STRESSORS



STRESSOR #3: CAFFEINE

Caffeine is a stimulant so it revs the body up and excites it. This is detrimental to a deep and sound sleep. Caffeine's half-life is approximately 6 hours. So when 300mg of caffeine is consumed from an energy drink at 3 PM, 150mg of caffeine remains in the body at 9 PM. As a result the rest, regrowth, and repair hormones that "activate" in the evening are blunted and don't turn on until much later meaning less regrowth and repair overall!

APPLICATION

No caffeine after 12 PM. If you're tired, drink water as you are likely dehydrated.

ADDITIONAL TIPS

Optimal bedtime:

- Head on the pillow by 10:30 PM

Optimal waketime:

- Head rising off the pillow around 6:30 AM

Darken the room:

- Make the room as dark as it can get. Pitch black. If you can barely see your hand in front of your face, that's a great start. Now go darker.

Drop the temperature:

- Dropping the temperature allows the body to cool down during the night and allows for better sleep. I recommend trying 65° at night for a week.

Unplug and shut off all electronics:

- Take the plug-ins out of the outlets and unplug the tv because even if it's turned off there's still power going to it. Turn your phone on airplane mode and place it away from the bed.

Wind down the last two hours before bed:

- Dim the lights, read a book, get out of bright rooms, and allow the body to naturally unwind.

An aerial, high-angle photograph of a complex highway interchange at night. The roads are illuminated by streetlights, creating a network of light and shadow. The surrounding landscape is dark, with some trees and vegetation visible. The overall mood is quiet and contemplative.

A GOOD LAUGH
AND A LONG
SLEEP ARE THE
TWO BEST CURES
FOR ANYTHING
- IRISH PROVERB