Stop Eating, Start Sleeping: The 3-Hour Rule That Boosts Deep Sleep by 40% Transcript

(Transcripts are generated by AI and may contain errors)

Doctor Talks Introduction

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality.

Top Longevity Tips Preview

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. I'm going to give you the top ten ways to massively increase your life span and your health span, and upgrade your ability to live a longer, healthier life.

These are the strategies and solutions that I've developed and understood from years and years and years of being around the top longevity leaders in this space, to the point where I obviously became one of the world's top longevity experts.

Tip 1: Consistent Sleep Schedule

So I'm excited to give you these secrets. I'm excited to share with you. These elements. Now, what I'm going to do is I'm going to share with them, these these elements to you in short videos.

Okay. So I'm going to give you ten, but I'm going to give them to you in very short one minute videos, so that you can go back and watch, 1 or 2, videos and then be able to stop any time you want and come back to them in the future.

Okay. So number one, is to go to bed at the same time and wake up at the same time. Number one, sleep is foundational. We need to be able to sleep well in order to live long and healthy.

It's literally one of the most important things for detoxification. It's the most important thing for hormone regulation. It's most important thing for energy in a given day.

You know, the next day. So what I want you to do is go to bed at the same time and wake up at the same time. Now, bonus points for you creating a morning ritual and then, bedtime ritual.

And what that typically looks like is an hour before you go to bed. You're not looking at any blue light. You've got your blue light blockers on. You're doing stretching your reading.

You're doing things that recover. What I do is I do myofascial release. I do my, reading a stretch before bed. And I'm literally just chilling. Okay. A lot of people are on ECS or on Instagram right up until bedtime, which is not what I would recommend.

So go to bed at the same time, wake up at the same time. Be consistent with this. Take the challenge to do this. It's transformational. So that's number one.

The next thing that we're going to talk about is when to eat. So check out that next video. This is tip number two coming up. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your wellbeing.

For more insights and strategies, subscribe to our podcast and visit our website. W w w dot doctor talks.com. Stay connected, stay healthy and join us next time on Doctor Talks.

Real talks from real doctors on the issues that matter to you most.