Why Eating Early Is Key To Better Sleep And Longevity Transcript

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Eating Earlier Before Bed

All right. So the second strategy for my top ten strategies to live a long, healthy and vibrant life is to stop eating 3 to 5 hours before bedtime. Now, I want you to know I want you to experiment with this.

I want you experiment this. I want you to experiment with, with with three hours. Then I want you to experiment four hours. Then I want you to experiment with five hours.

Watch what happens to your sleep. If you have an aura ring, watch what happens to your deep sleep. You're going to see, on average, a 20, 30, 40% increase in deep sleep.

You're going to see your sleep score go from 7,080% to 85, 90, 95%. I kid you not, just by decreasing the time or increasing the time away from when you eat to when you go to bed.

Fitness Snacking for Longevity

So tip number two is, again 3 to 5 hours before you go to bed and try to make it a relatively, lighter meal. Experiment with that as well. But the higher fiber that you have typically, in that, that dinnertime meal, the more deep sleep you're going to get as well.

So don't stuff yourself, but eat 3 to 5 hours before you go to bed and, watch what happens to your longevity scores. Watch what happens. You're ordering scores.

It's it's unbelievable. All right, so the next one that we're going to be talking about, is really powerful. It's called snacking. But it's fitness snacking.

So I'm going to talk to you about fitness snacking. It is one of the most powerful longevity solutions to help you live long and healthy. I cannot wait to share it with you.