



## 7-Day Total Body Reset Day 2 - SLEEP

Hello, welcome to day two of the 7-Day Total Body Reset. It's good to see you again.

How are you feeling? Day One was probably rough. You were probably peeing all the time. Believe me, day two is probably going to be rough as well. You're going to be peeing. But you've got to hang in there. Listen, I've been in this industry, like 27 years. I've had over 44,000 people come through my program. I know what I'm doing. I know it works. I know what doesn't. And I know that this is going to be what you need to feel a lot better and to complete the reset.

Okay, you want it to reset, we're resetting. So, I expect you to be compliant to what I'm saying. Follow what I'm saying. I'm not just here to jerk you around. And today is day two. We're talking about sleep.

So, let me hold on a second. I'm just going to click on something here. Yeah, okay. It is so crazy how chronically sleep deprived our society is. Raise your hand if you're cutting too low on sleep. Not me. I'm just raising my hand to show you. I'm not. You should see how militant I am about my sleep.

Oooh, Katie bar the door if anybody tries to come between me and my sleep, because I know what happens when I ain't sleeping. And in fact, we like to see on say on Code Red, you ain't sleeping, you ain't losing.

And when it comes to detoxing and doing a complete total body reset, you've got to sleep. And why is it? Because your body senses a lack of sleep as stress. And it'll hang on to body fat, which by the way, hangs on to toxins. Toxins are stored in body fat as a way to protect you from perceived stress.

Your body doesn't know if you're being chased by a sabertoothed tiger or are stuck in traffic. It just knows you're not sleeping. And that is stress. It is nearly impossible to do anything when you ain't sleeping. And I'm talking about at least seven hours a night.

Personally, I don't do well with less than seven and a half. I do best with more like eight. But if you ain't sleeping, you ain't losing. I'm telling you nothing goes right when you are not sleeping.

Let's talk about sleep. When you cut too low on sleep, this is not good. Shorten your sleep, shorten your life. I heard an expert say one time shirt, shorten your sleep, shorten your life. And it's become this mommy martyr attitude, kind of a badge of honor that some mommies, that some people just wear as some sort of a badge of honor. I'll sleep when I'm dead.

Well, believe me, you'll get there quicker than you want if you keep up this baloney. It's not a badge of honor. It's not a good thing to get up and check on your kids 14 times a night in the other room. It's not good. I mean, what going on? What's going on that you ain't sleeping?

And we need to break this down and find out what's going on with you. It could be something simple that your room is too bright. You need to be sleeping in a dark room. It could be that you are sleeping in too warm of a room. We need to be sleeping in a room that is at least 66 degrees or lower. And I know that's cold, but we sleep better and colder environments. How warm is your room? Is it way too warm?

You got 18 cats in the bed? You got kids in the bed? Alright, did you take the pile of dirty laundry off the bed to go to sleep and then put it back on, or the laundry you haven't folded yet?

Is it a mess? Does it smell like Indian food from last night? You just brought Indian food in your bed and you ate it in bed. All these things could contribute to poor sleep. You ain't sleeping you are not going to be able to detox. Sleep is a part of detox. That's what gets our hormones balanced. That's what gets our high cortisol levels down. Sleep is the best way to mitigate high cortisol levels.

If you're completely messed up, and your hormones are messed up, people just run to the doctor and get hormone replacement therapy, or they get a pill or something. A pill is not always the answer. In fact, very rarely is it the answer. It's the answer in our typical medical paradigm--a pill for every ill.

But that's not the way we should be treating things. You've got to be first looking at your environment. What is your sleeping environment like? Are you on your device right before bed? Well, blue light blocks the production of melatonin in our bodies. Because of blue light on cell phones and iPads. I watch my iPad before bed, but I wear blue light blocking glasses.

That is there to keep you awake. Why? So you buy more stuff online. It's all about money.

And I'm all for, listen, I like to watch my iPad before bed, but I wear my blue light blocking glasses. And you can pick up a pair from our company that we've teamed up with, [Swanwick Sleep](#), and you can get 15% off with the code—I think it's Rebel15—if you want. I'm not going to worry about that right now.

But get a good pair of blue light blocking glasses if you insist on being on your device before bed. Because we were never created--when man was created, there were no devices. Come on. That's new.

Is your partner snoring too much? Do your sheets need to be changed? Do you need white noise in your room? Do you need a box fan in your room?

There are so many things you can do to change the environment of your room to get at least seven hours of sleep long before you need that Ambien. People want to just run to the doctor and get an Ambien.

Well, that's fine, in some cases. I mean, I take a sleep aid. I don't take a prescription I take over the counter. I only take a half. But I also make sure that I have a very good bedtime routine.

Is it quiet in your room or can you hear the neighbor's dog barking, and you can hear someone's music going? Maybe you need to wear earplugs. Maybe you need to wear an eye mask. There are so many things you can do to change your sleep situation. Instead of just saying, "well, that's just my life."

Look, I love my husband, but the man snores and I want to kill him sometimes. And I go sleep in the spare bed or I kick him out and he goes sleep in the spare bed. I don't like it. And sometimes he has this sinus drainage. And he does that sniffing. And oh, I want to kill him, you guys. I want to kill him. Well, that's going to screw up my sleep. So no, he goes to this spare bed. Sorry, I'm not doing this with you. My sleep is way too important. I have seen the detriment of having lack of sleep.

My dad's a licensed counselor. And he says if you go three days without sleep, you will be talking, acting, and feeling like a crazy person.

Yeah, not to mention your sugar cravings. The body knows when you are lacking in sleep. It's gonna send sugar cravings. Why? Because sugar is going to be the quickest thing to wake you up so you don't cross over the middle line and hit somebody. But that's what happens.

So we're sleep deprived, we crave and we get a big hit, we get a doughnut and a cup of coffee. And that's going to give us energy for a few minutes. And then it's going to crash, we're going to come crashing down, and then we'll need more sugar to get us back up. Then we come crashing down. You do these massive spikes and dips all day long. All because of sleep.

And then don't even mention the scale, don't even mentioned the scale. One time here recently I went through a real bad situation where I had to fire an employee. It was just a really bad situation. And I didn't sleep for three days. You guys, my weight went up almost a pound every single day. And I wasn't doing anything different, just missing out on sleep--like six hours, five hours. It was horrible. Three hours. It was horrible. I was miserable.

You cannot reset your body if you are not sleeping. You've got to prioritize your sleep. Nothing is going to work in your life if you are not properly rested.

"Well, I can't get more than..."

Bullcrap, bullcrap. I've had thousands of people come through this program. I know that, people, it all boils down to what you're willing to put up with, what changes that you're willing to make. You can make those changes. You can get your two-year old to go sleep in his big boy bed. You can do this. You can get everybody bathed and the kitchen cleaned up before bed and get everybody in bed 45 minutes earlier.

You can put some boundaries and some limitations in on your schedule and your routine. This is your house. These are your rules. These are your kids, straighten them up. Change some things, moms and dads, change some things and get some sleep. You can't keep this up. It's not going to work.

This reset is not going to work if you don't start prioritizing your sleep. You need at least seven hours a night. I track my sleep using a Fitbit, you don't have to if you don't want to. But if you really want to know where you stand on sleep track, we say test don't guess. Test don't guess. Test it.

I track it with a Fitbit, and I get between 86 and 92% on every night. I start feeling pretty crappy when I get below 82% on my sleep score.

I don't know where you are, but I'll tell you what, you need to get at least seven hours a night. And you need to be improving and start changing your environment and setting up some boundaries and some limitations. And being militant about your sleep.

I cannot stress this enough, nothing will go right in your life. If you are not sleeping, nothing, nothing will. It's just going to break you down little by little by little. You understand? Do I make myself clear?

Day Two: Sleep. It is part of the 7-Day Total Body Reset. You've got to sleep.

I want you to start moving some things around. I want you to start thinking about this. You've got to quit scrolling through Instagram late at night. Turn off that phone.

Start putting measures in place to make sure that you're sleeping. Maybe you need to take a hot bath. Maybe you need to wash your pajamas. Maybe you need to put a little lavender on your pillow. There's a ton of ideas. And I gave you a ton of ideas.

But you ain't sleeping, this is not going to work.

Okay, I really should have put this on day one, but you get it. All right, everybody get the importance of sleep? Okay, good to talk to you guys. I will see you man~ana. Bye!