The Importance of Sleep

"Real energy, real power, happens in the bedroom."

The more I go to bed early, the more I realize how essential **sleep** is to a well-lived life. Every night, I try to crawl into bed around 7, 8, or 9 PM, allowing myself to get a full night's rest and wake up refreshed around 4-5 AM. This early start gives me uninterrupted time to think and create before the world stirs. I've found that the more I sleep, the more energized and focused I feel the next day.

Real Energy Comes from Sleep

It's easy to think that energy comes from stimulants like coffee, but in reality, coffee just stimulates the mind temporarily. *Real, lasting energy comes from good sleep.* The more sleep you get—ideally 8 to 10 hours—the more powerful and rejuvenated you'll feel. Some days, I even aim for 10 to 12 hours if possible, especially on weekends, as it leaves me with "unlimited energy" for the day.

Embracing the Siesta

In places like Rome, the day often includes a midday rest, or *siesta*, where life slows down, and people take naps. I believe this is a beautiful way to recharge, especially if I haven't gotten enough rest the previous night. If you're feeling sluggish, don't fight it—a quick nap can restore energy, helping you stay focused on your goals.

Set Your Circadian Rhythm

Our **circadian rhythm** is our biological clock that dictates our body's cycles, including sleep. Aligning with it enhances both physical and mental well-being. When the sun rises, I head outside to let the sunlight hit my skin and enter my eyes, setting my circadian rhythm for the day. Standing in a patch of sunlight, I'll meditate and drink a liter of water. This ritual fills me with energy and helps me start the day on a high note.

The Importance of Minimizing Distractions

In the evenings, distractions can pull us away from the priority of sleep. Staying laser-focused on personal goals and well-being—without being absorbed by social media or other people's content—is essential for a restful mind and body. **It's about creating an ideal lifestyle for yourself** that maximizes your creativity and health. Rather than bingeing on Netflix or scrolling online, aim to disconnect, allowing yourself to truly recharge.

Cold Showers and Hot Baths

A favorite routine of mine is to start with a cold shower for an energy boost, then follow it up with a hot bath. This combination calms my body and mind, preparing me for a deep, restful sleep. If you try this before bed, you'll likely experience a relaxed, blissful state that puts you right to sleep.

My Evening Routine: The Antidote to Restless Nights

In the evenings, I start winding down around sunset. Here's my antidote for maximizing sleep quality:

- **Turn off all lights around 5:30 PM** after the sun sets and you finish dinner.
- **Sit in darkness** with only a dim screen if needed, working on a mundane task like sorting photos.
- **Meditate or stretch**, allowing your body to unwind.
- **Take a hot shower or bath** and drink water.
- **Fall asleep as early as possible**—by 9 PM, ideally.

By sticking to this routine, I wake up early with time to pursue creative work and exercise before the day begins. Sleep is the ultimate way to recharge your body, soul, and mind.

The Joy of Waking Up Early

The more you prioritize sleep, the better you'll feel each day. Early mornings, filled with fresh energy and quiet, allow for creative tasks, exercise, and even time to explore photography before the world wakes up. There's no excuse not to carve out time for what matters most.

Final Thoughts: Embrace Sleep to Conquer Your Day

Sleep is a cornerstone of health, creativity, and productivity. By going to bed early, you give yourself the power to harness the early morning hours—a perfect time to create, reflect, and exercise. So, shut down your computer, turn off the lights, and embrace the importance of sleep. Just get out there and conquer your day!