

Sleep and Strength: Real Power is Made in Bed

The earlier you go to bed, the more strength you'll have the next day. After I finish my evening meal, there's no reason to stay up—no TV, no aimless scrolling. Instead, I get to bed early so I can be up and ready to tackle the next day with full energy.

Better Sleep, More Power

"Real energy, real power, happens in the bedroom where you sleep."

The truth is, the quality of your sleep directly impacts the quality of your day. People often rely on coffee to boost their energy, but it's not a substitute for real rest. Coffee may stimulate the mind, but it doesn't provide the kind of deep, rejuvenating energy that sleep does. I aim for **at least 8-10 hours of sleep** because when I wake up well-rested, I feel ready to take on anything.

The Importance of Prioritizing Sleep

A good night's rest is essential. Even cultures with siestas, like in Rome, recognize the value of rest throughout the day. Naps are helpful if you didn't get enough sleep the night before, but ideally, you're getting a full night's sleep. **On a typical day, I'm in bed by 9 PM, hoping to be asleep by 9:30.** There's nothing that needs to be done on a computer or phone that's more important than sleep—just shut it down and go to bed.

How to Get Better Sleep

Great sleep doesn't just happen—it's the result of intentional habits that set you up for rest. Here's what I follow for a truly restful night:

1. **Never miss a sunrise or sunset:** Natural light, especially at dawn and dusk, helps regulate your body's clock.
2. **Stay active during the day:** Walk, stand, and keep moving to avoid feeling

restless at night.

3. **Increase your sun exposure:** Sunlight during the day improves sleep quality at night.
4. **Eat lots of meat:** Protein-rich meals provide steady energy, helping you feel satisfied and sleep deeply.
5. **Keep lights off at night:** Darkness signals the body that it's time to wind down.
6. **Limit technology use before bed:** Avoid screens; instead, focus on winding down for the night.

Sleep as the Ultimate Recharge

"Consider sleep as the ultimate way to recharge your body, soul, spirit, and energy."

For me, sleep is a time to fully recharge, not just physically but mentally and spiritually. When you treat sleep as a priority, you're better prepared for whatever the day brings. A typical day might start with me waking up early after a full night's rest, ready to dive into creative work or hit the streets for photography. You can tell the difference between a well-rested mind and one running on caffeine alone—**real power comes from quality sleep, not quick fixes.**

Key Takeaways

- **Prioritize sleep for true power:** A strong, productive day starts with a great night's sleep.
- **Set a healthy evening routine:** Go to bed as early as possible to maximize rest.
- **Practice sleep-friendly habits:** From sunrise exposure to limiting technology, each small step supports deeper, more rejuvenating sleep.
- **Nap if necessary:** If you didn't get enough sleep, a midday nap can help recharge.

Sleep isn't just rest—it's the foundation of strength and energy for everything else. Embrace it, prioritize it, and let it fuel you to perform at your best every day.