

Sleep as Early as Possible: Building Strength, Power, and Vitality

If you want to increase your **strength, power, and vitality** in life, it starts with going to sleep as early as possible. Real progress happens during recovery, and sleep is the most powerful recovery tool we have. By prioritizing sleep, you're setting yourself up to wake up with the energy and focus needed to take on the day.

Dream On: The Mystery of Sleep

One of the unexpected joys of sleep is the vivid dreams I often experience. While it's not every night, when they do come, these dreams fuel my curiosity and creativity the next morning. **Going to bed becomes an adventure**, filled with the unknown. I look forward to my dreams as much as I look forward to waking up.

"It's so exciting to go to bed because you never know what kind of dreams you will have."

Before Sunrise: The Golden Hours of Creativity

Rising before sunrise is an essential part of my routine. This quiet period, untouched by the world, is when I find my clearest thoughts and deepest focus. During these hours, I can **think, write, read, exercise, and create** without interruption. Here's a glimpse of what my morning looks like before the sun is up:

- Meditate while playing with my **Kendama**.
- Sequence and edit photographs.
- Create calligraphy drawings, collages, and experiment with new artistic ideas.
- Flip through photo books while enjoying a cup of coffee.

Having this one to two hours of quiet time before the light is out allows me to ease into the day. Without it, the day feels rushed and incomplete. I can fit in a full workout, prepare my food, take a hot bath, and start the day feeling truly prepared and **in control**.

The Power of Early Sleep

"Going to sleep as early as possible is probably the most beneficial thing I've been doing this past year."

By shutting down early and getting in bed around 7 PM, I'm usually asleep by 8 PM. This allows me to **rise early with immense power**—a crucial asset when it comes to having the drive to hit the streets every day. Power isn't just physical; it's the mental and emotional fuel that keeps you motivated, courageous, and resilient.

Fuel your body with proper recovery by getting to bed early. It's a small but impactful shift that makes a difference in every other area of life.

Key Takeaways

- **Sleep fuels strength and vitality:** Real power happens during recovery, and sleep is the best recovery tool.
- **Embrace dreams:** Going to bed is as exciting as waking up—dreams fuel curiosity and creativity.
- **Rise before sunrise:** Early morning hours offer the best time for reflection, creativity, and preparation.
- **Prioritize early sleep:** By getting to bed early, you're able to wake up with true power and readiness for the day.

Sleep isn't just rest—it's the foundation for strength, clarity, and inspiration. By going to bed early, you're fueling yourself with the energy needed to live each day fully and purposefully.