

# High-Performance Sleep Memo

## Purpose

This memo is designed for high mental performance individuals — traders, entrepreneurs, coders, creatives — who need their brain sharp at all times. Sleep is not optional fuel, it's a tactical weapon.

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## Do's for Peak Sleep & Performance

- **Aim for 7-9 hrs/night** → Keeps hormones balanced, focus sharp, memory intact.
  - **Sleep in 90-min cycles** → 1.5h, 3h, 4.5h, 6h, 7.5h. Never wake mid-cycle.
  - **Use naps wisely** → 20-30 min power naps or a 90-min recovery nap.
  - **Keep a fixed sleep schedule** → Even on weekends. Consistency builds rhythm.
  - **Dark, cool, quiet environment** → Eliminate light, heat, and noise.
  - **Digital shutdown before bed** → 30-60 min screen-free reduces blue light disruption.
  - **Hydrate & fuel smart** → No heavy meals, alcohol, or caffeine 4-6 hrs before sleep.
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## Don'ts

- Don't drop below **4.5 hrs sleep** — you'll skip deep cycles and crash.
  - Don't rely on stimulants (coffee/energy drinks) to replace rest.
  - Don't sleep at random times every day. Chaos sleep = chaos brain.
  - Don't ignore naps when fatigued. Micro-sleeps will hijack you at the worst time.
  - Don't grind through multiple nights awake. Recovery debt compounds fast.
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## Sleep Thresholds (Per 24 hrs)

- **7-9 hrs** → Optimal. Mental, physical, and emotional performance at peak.
  - **6 hrs** → Functional but impaired. Long-term decline.
  - **4-5 hrs** → Danger zone. Emotional control and decision-making wrecked.
  - **<4 hrs** → Critical failure. Brain fog, hallucinations, micro-sleeps.
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## Risks of Sleep Deprivation

### Short-Term:

- Slowed reaction time (like being legally drunk).
- Poor memory & concentration.
- Emotional volatility (anger, anxiety, FOMO-driven trading).

- Weak immune response.

### Long-Term:

- Chronic stress and high cortisol.
  - Hormonal imbalance (testosterone, growth hormone drop).
  - Metabolic damage (weight gain, insulin resistance).
  - Higher risk of heart disease, stroke, and depression.
  - Cognitive decline and reduced lifespan.
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### Bottom Line

Sleep is the foundation of sustained high performance. Treat it as **non-negotiable risk management**. Cut corners on sleep, and you sabotage your brain, your body, and your money moves. Respect the cycle — because sharp minds don't burn out, they stay tactical.

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