

The Complete Guide to Deep Sleep:



How to Recover while Sleeping

We spend about a third of our lives sleeping. But why do we still wake up exhausted?

This guide will show you how to unlock deep, restorative sleep that actually repairs your body, clears your mind, and sets you up for sharper days.

From science-backed rituals to smart supplements and wearables, here's how to upgrade your nights and feel the difference by morning.

Stages of Sleep

Sleep isn't just a black box, it's a cycle of distinct stages that each serve a purpose. Understanding them helps you optimize for quality rest, not just quantity.



Stage 1: Light Sleep (N1)



Duration: 1–5 minutes



What Happens: Transition between wakefulness and sleep. Muscles relax, brain waves begin to slow.



Tip: Easy to wake up from this stage, minimize disturbances at bedtime.

Stage 2: Deeper Light Sleep (N2)



Duration: ~50% of your night



What Happens: Body temperature drops, heart rate slows, eye movements stop, and characteristic sleep spindles and K-complexes appear. These are linked to memory consolidation and protecting sleep from disruption

Stage 2: Deep Sleep (Slow-Wave Sleep, SWS)



Duration: ~20% of your night (more early in the night)



What Happens:

- Cellular repair and immune function ramp up
- Glymphatic system filters toxins from the brain

It is essential for feeling refreshed and restored.

This is what we're optimizing in this guide.

REM Sleep: Dreaming & Emotional Processing



Duration: ~20–25% of your night (more in later cycles)



What Happens:

- Brain activity spikes
- Dreams occur
- Emotional regulation and memory consolidation

Fun Fact: Muscles are paralyzed during REM to prevent you from acting out dreams

Why Deep Sleep Deserves Your Attention

Missing out on deep sleep doesn't just make you groggy,
it impacts every system in your body

*Brain fog, poor focus,
and chronic fatigue*

*Cortisol imbalances
→ anxiety, irritability,
low resilience*

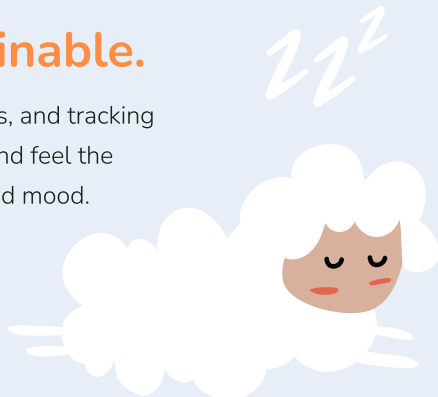
**Consequences
of poor deep sleep:**

*Poor glucose metabolism
→ weight gain,
insulin resistance*

*Long-term risks:
Type 2 diabetes, cardiovascular
issues, dementia*

The good news? Deep sleep is trainable.

With the right routine, supplements, and tracking tools, you can increase its quality and feel the benefits across your brain, body, and mood.

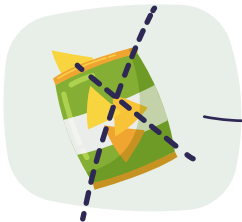
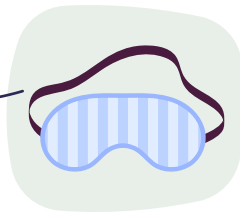


How to Increase Deep Sleep Naturally

Deep sleep isn't about more hours; it's about better hours. Here's your science-backed, biohacker-approved protocol:

1. Lock in a Consistent Sleep Schedule

Go to bed and wake up at the same time every day. Even weekends. Your internal clock will thank you.



2. Quit Late-Night Snacking

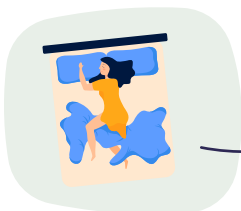
Finish eating at least 3–5 hours before bed. Digestion disrupts sleep. Some biohackers even eat at 3–5 PM for better sleep.

Block Out Blue Light

Blue light from screens suppresses melatonin by up to 85%.

Do this instead:

- Use blue-light-blocking glasses after 6 PM
- Switch to amber or red light bulbs
- Avoid screens at least 1 hour before bed



Optimize Your Bedroom

Create your sleep cave:

- Temp: 64–67°F (18–19°C)
- Block light with blackout curtains
- Minimize noise (use earplugs or white noise)

Best Supplements to Support Deep Sleep

If lifestyle tweaks aren't enough, targeted supplements can help:

Magnesium + Vitamin B6 (Magne B6)

Benefits: Relaxes muscles, supports GABA, calms the nervous system

How to take: 3 tablets twice per day



Glycine

Benefits: Lowers body temp, calms the brain

How to take: 1 tablet twice per day



5-HTP (5-Hydroxytryptophan)

Benefits: Can normalize sleep, improve mood, and increase resistance to stress as a serotonin and melatonin precursor

How to take: 2 tablets in the afternoon with meals



Epitalon

Benefits: Supports pineal gland function. May improve circadian rhythm & deep sleep.

How to Use: Spray 3 times under the tongue, morning and afternoon before meals.



Tracking Deep Sleep Like a Pro

Best Wearables



OURA RING:

High accuracy
(measures HRV
from fingers)



FITBIT/APPLE WATCH:

Good,
but not perfect

Apple Watch not tracking sleep right?

- Check fit (tighten strap)
- Enable Sleep Mode
- Use 3rd-party apps like AutoSleep or SleepWatch

Free Apps (Decent for Trends)



Sleep Cycle



SleepScore



Pillow

- Work best alone in a quiet room
- Struggle with accuracy if pets, partners, or movement noise is present

Bonus Biohacks to Deepen Sleep

Get Morning Sunlight

Sets your
circadian rhythm→
better melatonin at night



Lowest stress,
calms heart rate

Incline your bed
slightly to support
lymphatic flow

Try Box Breathing + Inclined Bed



Balance Cortisol & Hormones



High cortisol
= low melatonin.

Fix your evening routine to
wind down, not hype up.



Avoid Disruptors:



Alcohol:
disrupts REM



Caffeine:
blocks adenosine



Nicotine:
stimulant



Final Thoughts: Build Your Own Sleep Protocol

Everyone's sleep puzzle is a bit different.
Use a track-adjust-repeat approach:

1

TRACK YOUR BASELINE

2

IMPLEMENT 1–2 CHANGES

3

MEASURE RESULTS

4

TWEAK AND REFINE

Check out more practical guides
and supplement tips at CogniWiki.com