



Dr. Dennis Perman ::

## Message of The Week



### What Successful People Do Before Bed

May 5, 2014

Dear Doctor:

I received a useful article from a dear old friend and frequent contributor, longtime Masters Circle member Dr. Alan Lichter of Washington DC. Written by Jacqueline Smith for the Business Insider, it's called "Nine Things Successful People Do Right Before Bed," and provides a menu of pre-sleep activities that is both sensible and rewarding.

Smith writes, "Successful people understand that their success starts and ends with their own mental and physical health, and that it's almost entirely dependent upon them getting enough sleep. That's why bedtime routines are a key ritual for so many of them."

Here are nine examples of constructive nightly habits you can develop for greater success.

1. Read. Some like fiction, some non-fiction. Some read inspirational materials, some prefer information. Some read for a few minutes, others for an hour or more. But many successful people consider reading before bed indispensable and non-negotiable.
2. Meditate. This habit takes many forms, including prayer, affirmation, visualization, Eastern techniques, conscious breathing, guided imagery, and as many variations as there are people who practice. But people who meditate before bed usually sleep better -- they feel more relaxed and less stressed, and can perform better overall.
3. Reflect on the day. Instead of having thoughts drifting in and out, distracting you when you're trying to rest, purposefully review the day, and make your distinctions until you feel you have processed enough.
4. Make your to-do list. Purge your mental holding tank by getting your ideas on paper, and sign off on your formal planning for tomorrow. You may still do some creative thinking, but the day-to-day stuff should be written down and left alone until morning.
5. Disconnect from work. Everybody needs some down time, so you can't always think about business. Stress and recovery are part of the same cycle, engage-disengage. To be more successful, let go of work before bed.
6. Spend time with family. They are touchstones for comfort and support, an emotional safety net, creating security and inner peace. Also, connecting and making love often leads to a blissful repose.
7. Plan out sleep. Successful people plan everything, including anticipating the need for extra rest. If you get off rhythm for whatever reason, make a sleep schedule to catch up.
8. Lay down on a positive note. The last thing in your mind before you nod off should be something pleasurable, uplifting, soothing, or loving, to lull you into a great pre-sleep state.
9. Picture tomorrow's success. Imagine great results in advance, and see yourself achieving your goals and expectations. It's how the most effective people end their day.

If you're watching TV, having a snack or surfing the net before bed, choose one or more of these nine habits instead, to be healthier and more successful. You'll be glad you did.

Dennis Perman DC,  
for The Masters Circle

PS - In Dr. Bob Hoffman's new boot camp, "The New Chiropractic Manifesto," he interviews seven top chiropractic neurologists – find out more at 800-451-4514, or email [bob@themasterscircle.com](mailto:bob@themasterscircle.com).