BONUS 1 | GOES WITH THE SLEEP FIX PROTOCOL

# THE TRAVEL SLEEP PLAYBOOK

## One trip should not cost you the week after it.

The protocol runs the same on the road: anchors, wind down, Morning After Rule. What changes is the time zone, so the playbook points your light, your caffeine, and your sleep aid at the new clock instead of the old one.

This playbook is for trips, not for perfect sleep. Expect a lighter first night and a normal second one. That is the standard, and it is a good one.

### THE PLAYBOOK IN ONE PAGE

**East or west:** each direction has its own rules.

**Light and caffeine:** aimed at the new zone from day one.

**Melatonin:** a clock shifter for travel, not a nightly crutch.

**The first night:** protected, no matter what the flight did.

**The hotel room:** built in 15 minutes with a checklist.

**Red eyes and training:** scaled by the Morning After Rule.

**Same system. New zip code.**

By Coach Mike Urso, Peak Experience Coaching. A bonus for buyers of The Sleep Fix Protocol.

EAST VS WEST

# WHICH WAY ARE YOU FLYING?

## FLYING EAST: YOU NEED TO SLEEP EARLIER

**The problem:** your body thinks it is still afternoon when the new zone wants you in bed. Falling asleep is the hard part.

**Light:** morning light at the destination, big and early. Avoid bright light in the evening at the destination, because it pushes your clock the wrong way. Sunglasses on the late afternoon walk are not a style choice, they are the plan.

**Caffeine:** early in the new day only. Same cutoff: none in the last 8 hours before the new bedtime.

**Melatonin:** low dose, 0.3 to 1mg, at the destination bedtime for the first one or two nights. It nudges the clock earlier. This is the use melatonin is actually good at.

## FLYING WEST: YOU NEED TO STAY UP LATER

**The problem:** your body is ready for bed while the new zone is having dinner. Staying up is the hard part.

**Light:** evening light at the destination is your friend here. A walk in the late afternoon or early evening sun holds the clock where the new day needs it.

**Caffeine:** a small coffee in the late afternoon is allowed on the westward day only, to bridge the gap. Still nothing within 8 hours of the new bedtime.

**Melatonin:** leave it in the bag for a westward trip. Light does this job better, and morning melatonin can leave you groggy in a way that helps no one.

### THE ROUGH RULE OF THUMB

Your clock shifts about one time zone a day. A 3 zone trip needs about 3 days to feel normal. Trips under 2 zones: if you are back in a day or two, staying near your home schedule is often easier than chasing the new clock.

**Chase the clock on long trips. Stay home on short ones.**

THE FLIGHT AND THE FIRST NIGHT

# LIGHT, CAFFEINE, AND THE FIRST NIGHT

1. **Set your watch to the destination before you board.**
   Start eating, drinking, and resting on the new clock from the gate, not from check in.

2. **On the plane, sleep only if it is night at the destination.**
   Sleeping on a midday flight burns the sleep pressure you need for the first real night.

3. **Land and get outside within the hour.**
   Light is the fastest way to tell your clock where you are. A 20 minute walk does more than a second coffee.

4. **Protect the first night like a home game.**
   Normal meal 2 to 3 hours before bed, phone down 30 minutes before, room cool and dark. Do not spend it catching up on your phone in a bright hotel room.

5. **Arrive late? Keep it simple.**
   Short nap only if it is early in the afternoon, 20 minutes maximum. A two hour arrival nap eats the first night, and the first night is the one you needed.

## RED EYE TACTICS

1. **Book a seat you can sleep in**
   if it is offered, or bring your own comfort: neck pillow, eye mask, earplugs, socks.

2. **Skip the plane meal**
   if it lands two hours before your planned sleep. Eat before you board or after you land.

3. **Land, get light, then nap short and early or not at all.**
   The next night is the one that matters. Protect it the same way.

**THE ONE RULE THAT TRAVELS**

**Light in the morning, darkness at night, in the new time zone. Everything else is details.**

THE HOTEL ROOM

# THE ROOM CHECKLIST, AND TRAINING

## BUILD THE ROOM IN 15 MINUTES

- ☐ **Temperature:**
  set the thermostat to 65 to 68 degrees as soon as you walk in, so it is cool by bedtime.
- ☐ **Darkness:**
  close the blackout curtains fully, tape over LED dots, eye mask on the nightstand.
- ☐ **Sound:**
  fan or white noise on, phone on do not disturb, earplugs in the nightstand.
- ☐ **The phone:**
  charges across the room, not on the nightstand.
- ☐ **Own pillowcase:**
  a familiar smell is the fastest way to make a strange bed feel like yours. Pack one.

## TRAINING ON TRAVEL DAYS

Score the morning by the Morning After Rule and train to it, same as at home. Green: full session as planned. Yellow: same session, load and finisher trimmed. Red: technique, mobility, easy conditioning, and an early night.

Two rules specific to travel: do not chase a hard session on the day you land, and do not train hard within 2 to 3 hours of bedtime when you are already time shifted. A travel week is a maintenance week that protects the next training week, not a week to set records.

## WHAT TO PACK FOR SLEEP

Eye mask. Earplugs. A roll of painter's tape for LEDs. Your own pillowcase. A travel alarm or a watch. That is the whole kit, and it fits in a shoe.

### Coming home? Bring the routine back with you.

One night back home, run the full wind down, same wake time, lights out on time. Home resets in one good night when the system is already in place.

The full system is in The Sleep Fix Protocol, and the strategy call is free: **https://cal.com/coachmikeurso/strategy-call**