

3 QUICK BOOSTS

Combat mental & CNS fatigue with these quick, science-backed recovery strategies.

ONE



STRATEGIC NAPPING

- Take **20–25 min power naps** to restore focus without grogginess.
- Schedule naps **6–8 hours before bedtime** to avoid sleep disruption.
- Use a **sleep mask** & **earplugs/headphones** for deeper relaxation.
- Nap in a **comfortable, dark room** to enhance sleep quality.

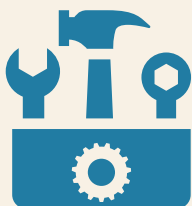
TWO



DEEP REST

- Even if you **can't fall asleep**, you can benefit!
- Do **10-20 minutes** of deep rest focusing on breath or following a guide
- **4-7-8 Breathing**: Inhale for 4 sec, hold for 7 sec, exhale for 8 sec—calms the nervous system.
- **Box Breathing**: Inhale, hold, exhale, hold—each for 4 sec to regain focus.
- Try a **NSDR (Non-Sleep Deep Rest)** guided session for full-body relaxation.

THREE



BONUS: TOOLS

- Use **Apollo Neuro, Pulsetto, or Nurosym** for nervous system regulation.
- Apply these devices **during a nap or NSDR** to enhance results.
- Use **MUSE guided meditation** for 10 minute session
- **Audio Help**: Use noise cancelling headphones, maybe a white noise or nature app, or even a binaural beats app.
- Combine with **cold exposure** (plunge or contrast shower) after for added recovery benefits.