**WISER#2 Summary**

**Protect your prefrontal reserves**
- Create a 30-90 minute island of inaccessibility each day
- Single task whenever possible
- Nap prophylactically before predictable periods of sleep deprivation
- Learn new information in the two hours before sleep onset (e.g. 10pm-midnight)

**Sleep hygiene**
- Choose to sleep either less than 3 or more than 5 hours when sleep deprivation is unavoidable
- Blue Blocker sunglasses for night shift /variable shift workers
- Avoid chronic snooze button use
- Create a nightly sleep routine (dark room, no reading or TV in bed)
- Expose yourself to at least 5-7 minutes of natural sunlight daily (vitamin D, circadian rhythms – sunrise & sunset are best)
- Exercise in the morning to boost your energy, decrease stress hormones and improve sleep quality
- Avoid caffeine within 4-6 hours of sleep onset
- Caffeine is a drug, not a food; use it as such

**Eat food, not food products, mostly plants, not too much**
- Breakfast: fats and proteins
- Lunch: fruits and vegetables
- Dinner: carbohydrates
- Eat your last meal of the day at least 2-3 hours before sleep onset
References