What I have learned from extensive morning tracking

Peter Joosten
Blog: www.projectleven.nl
Slideshare: www.slideshare.net/wpjoosten

Monthly experiments

KEEP CALM
AND
LETS DO
THE 30 DAY
CHALLENGE

1. Excluding habits

No coffee

No meat

No social media

No alcohol

No caffeine

No warm showers…

COLD SHOWER?
DON'T YOU MEAN BODY COFFEE?
quickmeme.com
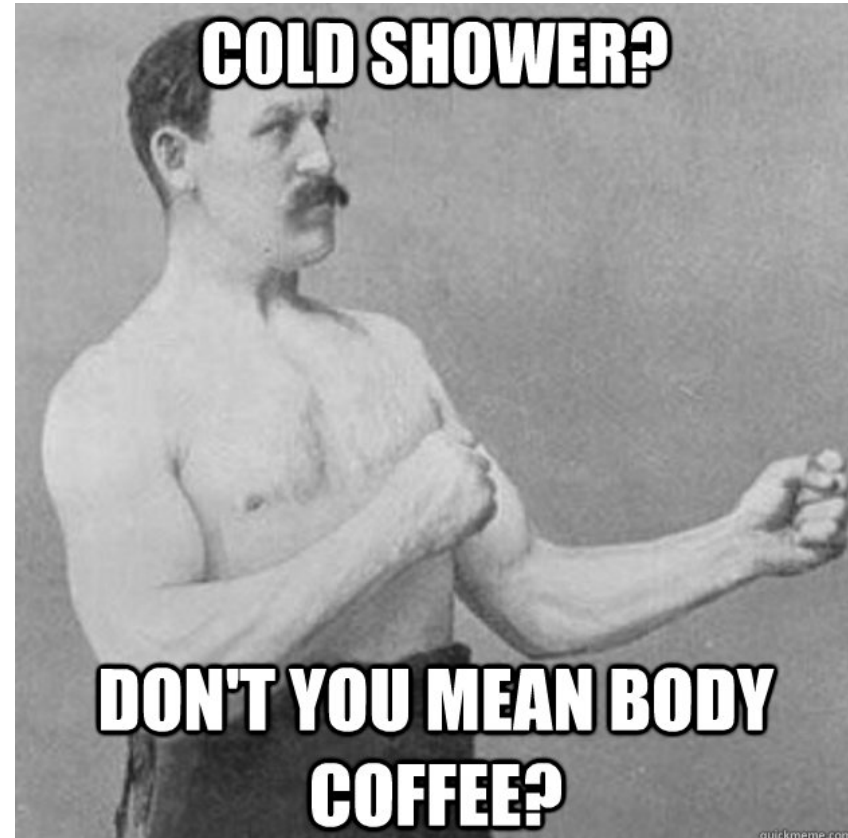
2. Including habits

Meditate every day

10k steps every day

Counting calories

Intermitting fasting

All kinds of diets

LOMAD…

3. Optimizing habits

Sleep

Intelligence

New language

Why?

1. No automatic pilot
2. Curiosity
3. Optimizing my life

How?

- Different methods

- Different tools
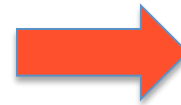
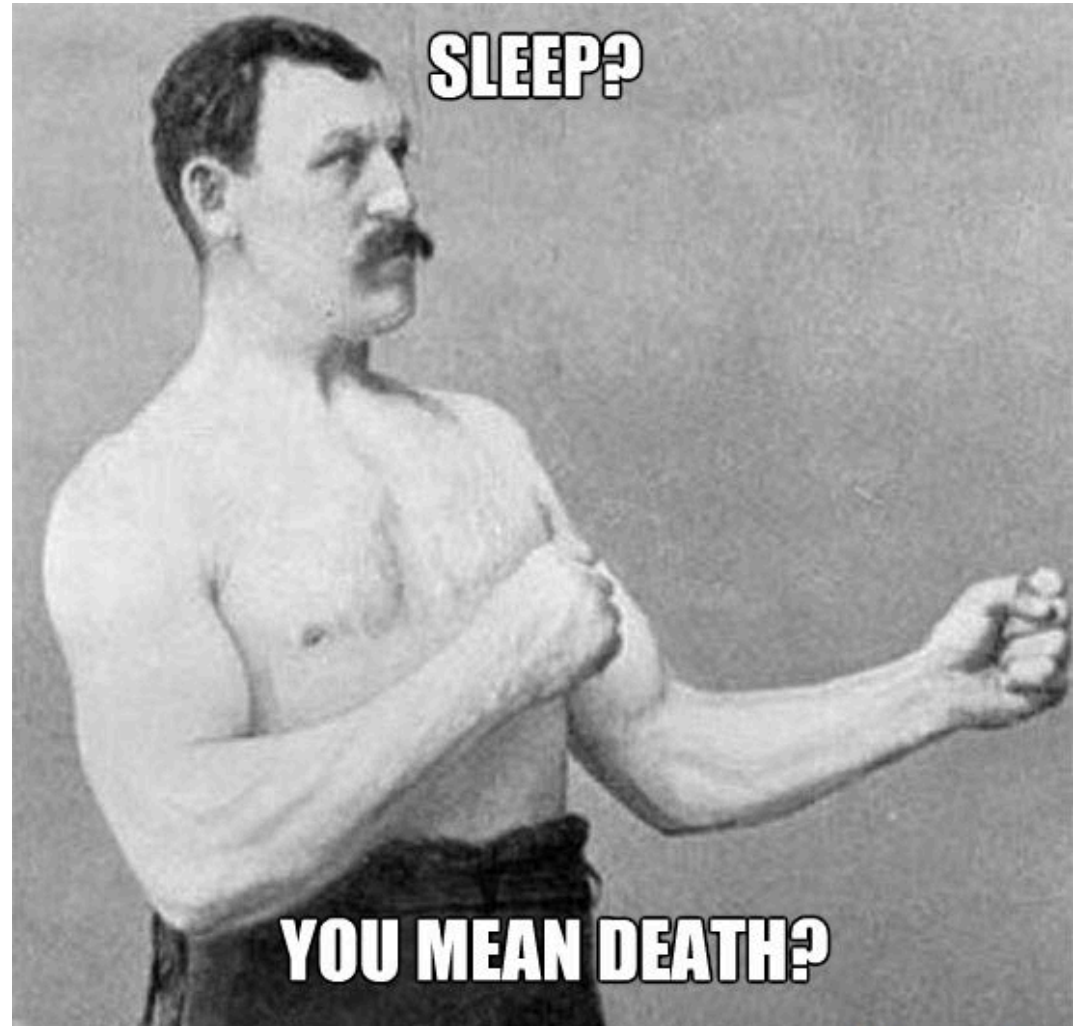- Both quantitative and qualitative
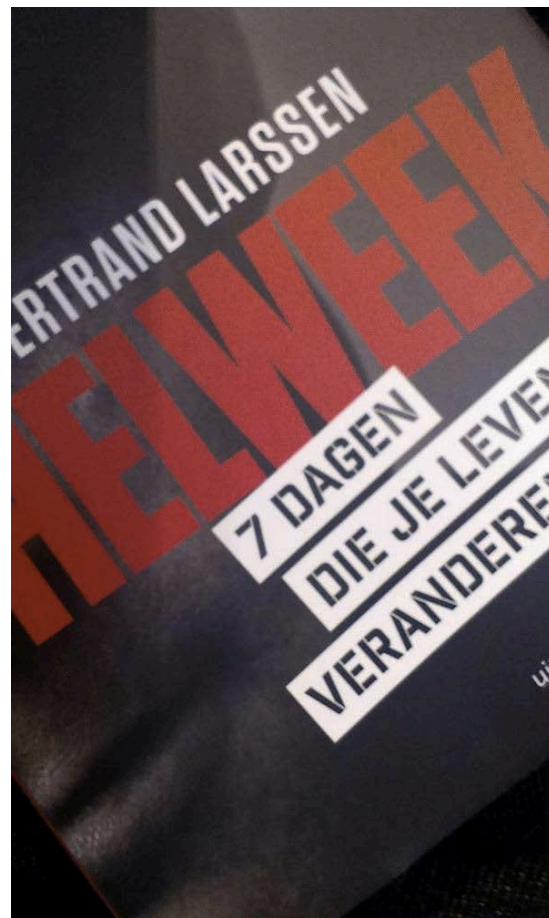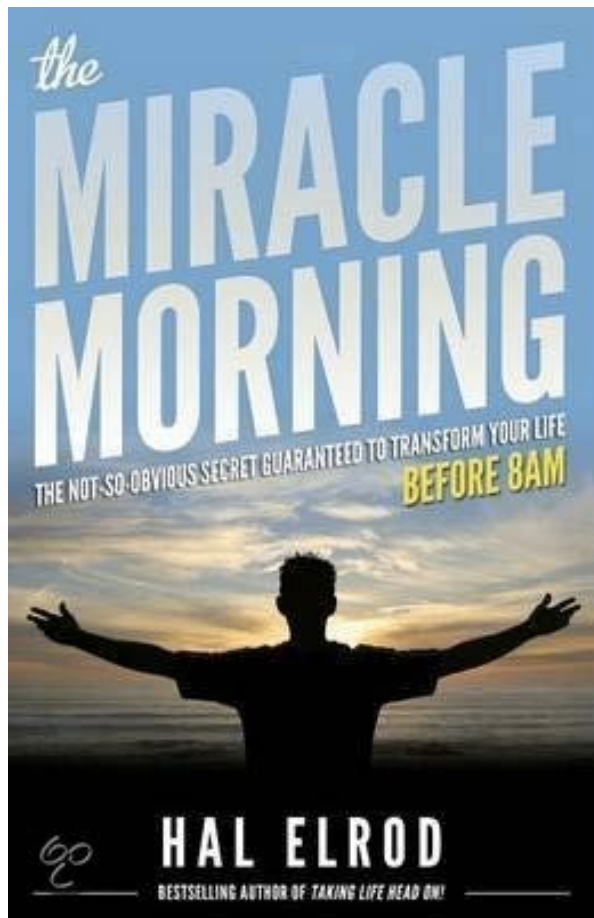
My assumption

Good Sleep	+	Morning routine	→	Perfect day

The importance of sleep

the MIRACLE MORNING

THE NOT-SO-OBVIOUS SECRET GUARANTEED TO TRANSFORM YOUR LIFE **BEFORE 8AM**

HAL ELROD

BESTSELLING AUTHOR OF *TAKING LIFE HEAD ON!*

ERTRAND LARSSEN

HELWEEK

7 DAGEN DIE JE LEVEN VERANDEREN

uit

My Morning Routine

LET'S GET THIS

OVER WITH

Construction the *model*

How I did it and what I learned

My heart as primary biomarker

Morning low heart rate & high heart rate variability

+ Morning routine = Prepared for the day!

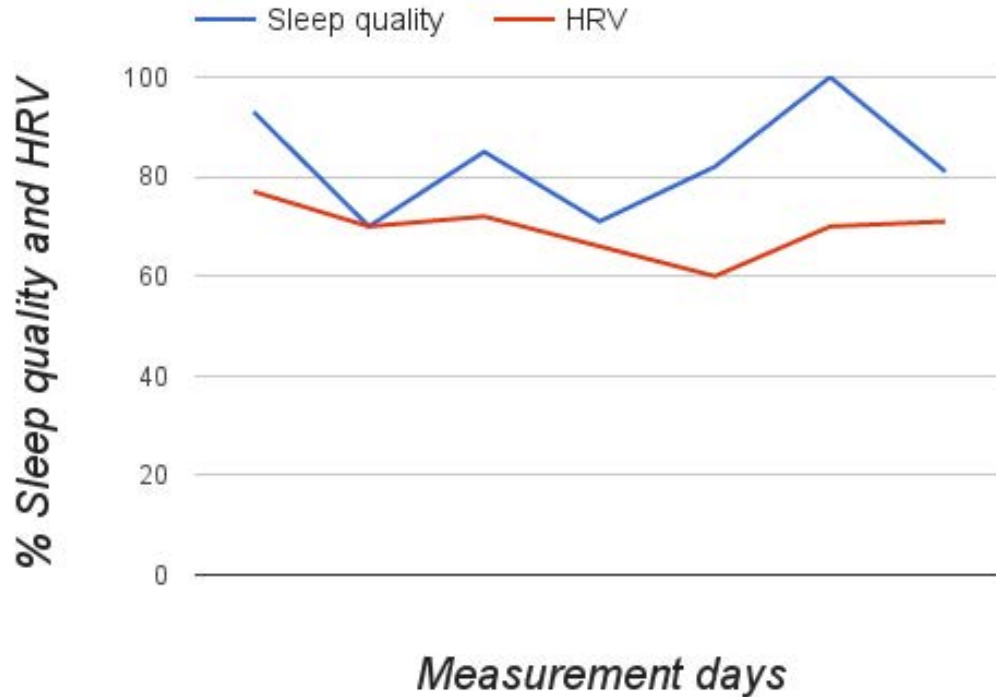BE AWESOME AND KICK SOME ASS

What about heart rate variability?

September 2015   Sleep quality and 3 minute morning HRV score

Measurement: HRV Sense app / Sleep Cycle app

No clear relationship. Yet.

What about morning heart rate?

On and off measurement from September 2014

Measurement: Sleep Cycle app

+ Sleep quality > - Morning heart rate

Correlation: - 0,25

What about caffeine?

Augustus 2014   regular month
September 2014   no caffeine

Tool: Sleep as Android (app)
Measurement: time asleep / time in bed

+ caffeine >
- sleep quality

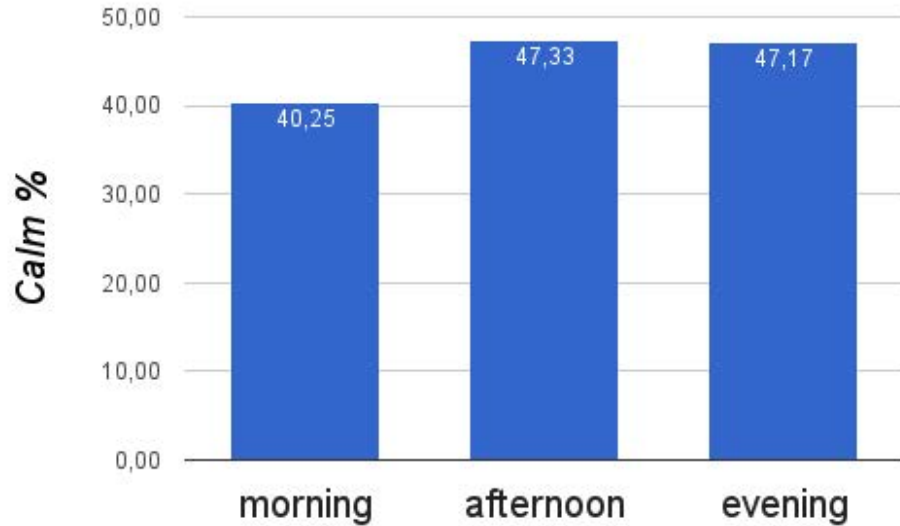| Caffeine detox		Time in Bed	Time asleep	Ratio sleep/bed	Times awake
Augustus 2014	normal month	532	466	87,59%	11
September 2014	no caffeine	509	474	93,12%	8
				5,53%	**3**

What about meditation?

June & July 2015:   At random moments

Tool: Muse headband

Measurement: % Calm

More calm in afternoon…

Conclusions
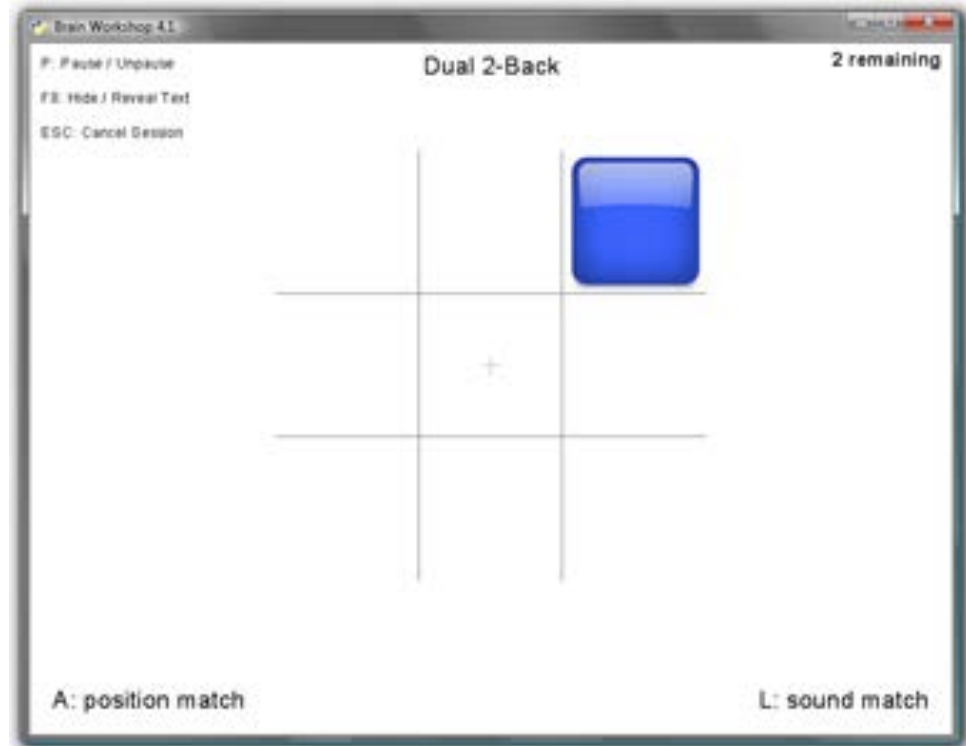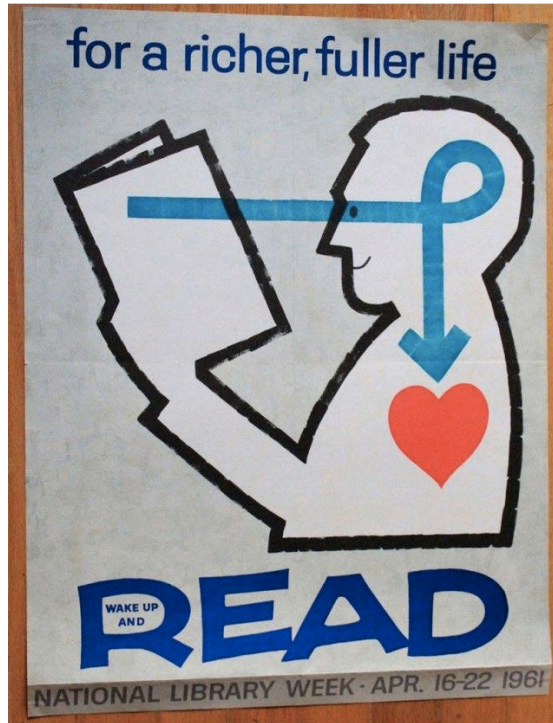
The quality of your day starts the day before.

Coffee only in the morning.

Meditate in the afternoon.

Not only tracking, also habits

Trying new morning habits

Lessons

- Always collect data. It pays off.
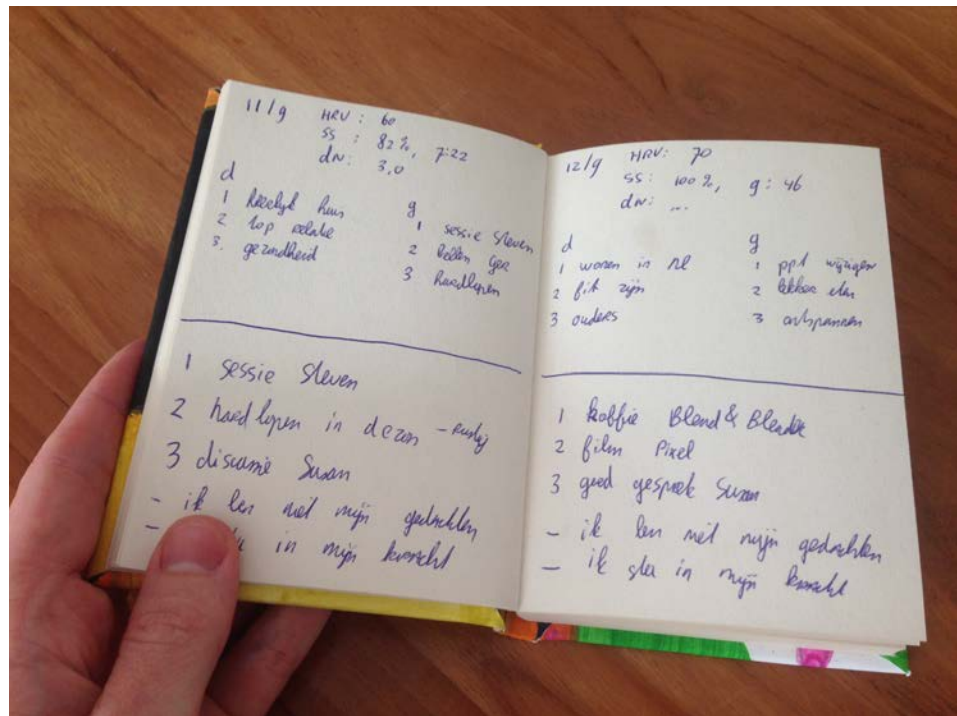
- Export data. Still an issue.

Future (1)

Other variables that influence sleep: exercise, food, work, etc.

Future (2)

1 Was it a perfect day?

2 What is the ideal morning routine?

Breakout session

What is your morning ritual?
3.30 pm

Stay tuned

www.projectleven.nl (Dutch)

www.slideshare.net/wpjoosten

peter@projectleven.nl

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instagram: @projectleven