WELCOMETOTHETEAM

Quality sleep is the origin, foundation and ground work to our everyday lives and long-term health . Without sleep, our progress physically and physiologically becomes compromised, we lack the energy to function properly throughout the day, our thought processes become altered and slower by nature, and our workouts begin to suffer.

Certainly we all feel the after-effects of lack of sleep when awakening from a restless night, and more often than not we supplement synthetic energy with coffee or an a sugar-loaded drink to compensate.



While caffeine has its own set of benefits, no imitated, artificial compound should be used to fill the void of sleep-acquired energy, This further compounds the issues, leading to added health risks, and potentially causing chronic damage the body due to the prolonged disruption in the body's circadian rhythm (bodies sleep/wake cycle). For reasons like this, we need to address the source of the problem and not treat each subsequent symptom individually. So we at Bravo Actual teamed up with our favorite non-profit and brothers & sisters in the field,

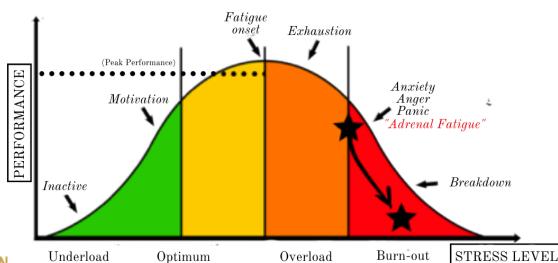
The *HunterSeven Foundation* to develop Rack-Out and finally bring an evidence-based, holistic approach to achieving optimal rest and performance.

The chart dictates that military and combat performance increases with physiological or mental arousal (fight-or-flight response). With this cortisol increases, but only up to a certain point. But when levels of arousal become too high, for a prolonged period of time, performance decreases along with combat effectiveness, GABA exhausts and serotonin suppression occurs, leading to a state of "Adrenal Fatigue".

Stress

Adrenal fatigue is a common concern in our target population, and if not maintained and acknowledged properly, one in the yellow zone can quickly end up in the orange or red zone.

For more information, check out www.BravoActual.com



BRAVO ACTUAL X HUNTERSEVEN

RACKOUT RECRO

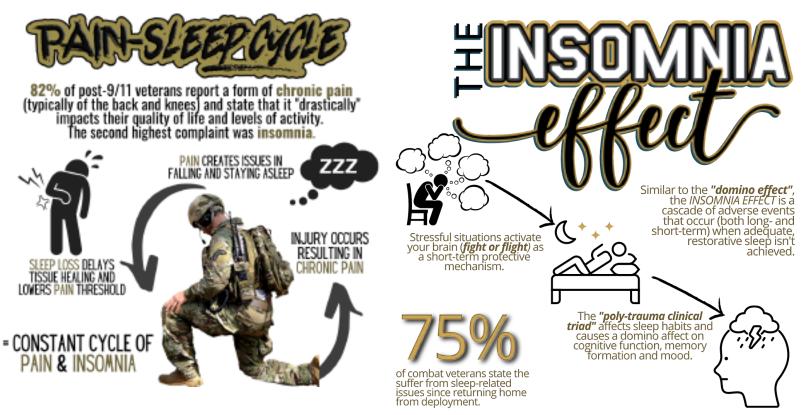
Have you ever noticed there are some things you can do automatically, without thinking much about it? For example, do you remember the first time you shot a gun? Or performed medically in an emergent code-situation?

It probably took quite a bit of your concentration. These days you may find you are able to put rounds down range accurately from muscle memory or you go into a code situation knowing what medications to pull and what specifically to look for, etc. without as much concentration? When you find yourself on "automatic pilot", it is often because you have lots of experience with that particular activity. So much experience, in fact, that you can do the activity without awareness, or "unconsciously".

Your body can learn to respond to your sleep environment in a similar way.

Without realizing it, you trained yourself to "unconsciously" associate your bedroom with whatever activities you typically do there. For example, if you watch TV in bed, you are training yourself to be alert and attentive while in bed. If you typically toss and turn for an hour or two before falling asleep, you are training yourself to be frustrated and sleepless while in bed. So, without intending to, you may have trained yourself to be awake in bed. But, the good news is, you can use this same learning process to train yourself to sleep better.

Learning how to sleep well is an important part of overcoming insomnia.



RACKOUT RECRO

To improve your sleep, you will need to know how to use a Sleep Diary to track how much and how well you sleep. You may think this is pointless because you are well aware of your sleep patterns, but researchers have found that people see their sleep patterns more clearly when they use Sleep Diaries. Plus you can determine if Rack Out™ is working for you!

		TODAYS DATE: 09 SEP 2020	30-DAY DATE:
What TIME did you get into bed?	Α	2230	
What TIME did you try to go to sleep?	В	2330	
How <i>LONG</i> did it take you to fall asleep?	С	60 min	
How many times did you WAKE up during the night?	D	5x	
In total, how <i>LONG</i> did these awakenings last?	E	60 min	
What time was your final WAKE up time?	F	0550	
What time did you get OUT of bed for the day?	G	0630	
How many minutes did you NAP yesterday?	N	0	
Total TIME in bed? (A to G)	Н	420 min	
Pre-Sleep TIME in bed? (A to B)	I	60 min	
Snooze time? (F to G)	J	40 min	
Total WAKE time? (C+E+J=)	K	160 min	
Total SLEEP time? (H-K=)	L	260 min	
Sleep efficiency: (L÷H) x100 =	%	61.9%	

The example to the left is the "Day Zero" and 30-Day Reevaluation on your sleep!

The formula uses military time formatting and minutes instead of hours. The letters are color-coordinated based on what is being assessed and used in the formulas.

Once everything is compiled, you can determine your "sleep efficiency" score (highlighted).



5-HTP an amino acid found naturally in diet, precursor for serotonin & melatonin, calms *Limbic System* (emotion & endocrine hub)

GLYCINE

an inhibitory neurotransmitter (IPSP) protein precursor, increases blood flow and decreases body core temperature

ZINC

a trace mineral, assists in 'restorative sleep', modulator in 'happy' neurotransmitters, moderates insulin, improves prostate function & testosterone.

THEANINE

an amino acid that enables 'alpha-brain wave' sleep, passively increasing dopamine, serotonin, GABA. Decréases 'excitatory' brain chemicals, blood pressure & heart rate

L-DOPA

a nootropic legume, 90+ days increased testosterone & HĞH, regulates prolactin, slows neuromusclar tremors/RLS

→ ARGININE

an amino acid that shuts down the sleepdistrupting factor: ammonia and converts to urea. Increases vasodilation = increased blood flow. Passive liver detox.

ZJFE a fruit extract with naturally occurring antioxidant & chelation properties, antiinflammatory properties, regulates blood sugar, works on hippocampus in brain to produce "sedative-like" effects.

▲ ORNITHINE

an amino acid that decreases cortisol stress) response, serum cortisol levels, anger and depression while improving sleep by slowing HPA-axis hyperactivity. Promotes HGH during sleep.

▲ MAGNESIUM

an electrolyte/mineral that increases neuromusclar response threshold by decreasing acetylcholine, IL-6 and TNF-alpha, influences GABA in brain = decreasing cortisol response. Long-acting (1-month)

ARGININE

In addition to cardiovascular effects (stated above). this amino acid also crucial in collagen protein (35%) and bone formation (osteoblast production)

= **Under 8hr** half-life in body

= Over 8hr half-life in body

MELATONIN

a hormone produced in *pineal gland* that controls *circadian rhythm*, tells body when to sleep, does not put body to sleep.

GABA

a neurotransmitter that slows neuronal excitement and decreases inflammation while regulating appetite and metabolism

VITAMIN D3

a fat-soluble vitamin that most Americans are deficient in. Low levels promote inflammation and can cause confusion, fatigue and depression

TAURINE

an amino acid, critical to skeletal, cardiovascular and muscle function, passively decreases adipose tissue, lowers blood pressure, has protective effects against sympathetic nervous system activation (e.g. PTSD)

VITAMIN B6 ←

a water-soluble vitamin with passive immune enhancing effects, reduces inflammation and has protective effects against oxidative stress on cells. Low levels cause insomnia, depression and anxiety.

ADVANCED SLEEP AID







