

# A Simple Solution For Dad's Who Want To Boost Their Testosterone , Energy And Discipline , So They Can Finally Take Back There Body



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Hi my name is Bobby Collins over the past decade I have helped Dads and Men lose belly fat, pack on muscle on their shoulder, chest and arms. More importantly take their health back.

I graduated from NPTI back in 2008

I'm precision nutrition coach

I'm Certified online trainer

I'm certified conditioning coach as well

I'm going to share with you a few easy things to improve your quality of sleep. I know that as dad myself it can be hard to get a lot of hours in. So, what we are going to do is improve the quality of those hours.

Aside from feeling more refreshed when your awake, better sleep will suppress fat storing hormones and increase muscle building hormones like testosterone and human growth hormone. I'm gonna help you rest better so you can look and feel better.

**5 Simple step, to improve your sleep, so you can boost, testosterone , energy and will power(yes lack of sleep destroys all of these things and more)**

**1. Relaxed State**

We have two states

Flight or flight, which we often are stuck in, which drive stress and fat storing hormones and can really break down health,when we are chronically in this state

The rest and digest state, this is where we want to be right before we go to bed, so our sleep is more productive.

We are going to lay on the ground and do this drill for 3-5 minutes. Lay on your back, elevated your feet on a chair or coach.

Slowly breath into your stomach 3-5 sec

Hold that air 3 sec

Exhale slowly as long as you can for 8 sec.

As you do this, try to loosen everything in your body. Don't breathe in or out to aggressively.

This is a slow and relaxed activity.

Than get up and notice how, more relaxed you feel, go to bed soon after.

## **2. Sleep before 10pm**

Our bodies are designed to be sleeping at a certain time, to get into deeper and more productive zones of sleep.

The more sleep we can get before 12am, the better. So, set a goal most nights, that your sleeping by 10 pm.

You'll notice a huge difference.

Too busy to go bed early?

First establish is this really true?

Isn't it more important to invest some time to sleep, that will have such a huge impact on your body and health. And be around for kids long term?

If it is really true, you can't go to bed early.

Than just follow the other 4 tips, you'll still see great results, following the rest of these tips

## **3. Limit or Avoid Caffeine and alcohol before bed.**

Sometimes people say things like doesn't affect them or that alcohol helps them sleep better.

But, it may not make you struggle to fall asleep, but it makes your sleep counter productive.

Which bad news for your health.

Try this

Coffee-Try to have just 1 serving day a day and avoid after 12-1pm.

Alcohol- avoid it most nights.

#### **4. Carbs at night**

Your gonna love this, one eat some carbs with dinner.

Carb release serotonin, which help make us relaxed and primes us for a great night's sleep.

If we are trying to be the healthiest version of yourself, we want some good carbs here

Potatoes

Sweet potatoes

Unprocessed rices

Minimally processed grain

Even kill some fruit for dessert, you like some watermelon or pineapple.

## **5 Prepare your sleep space**

Make sure your environment is laid out for great sleep.

Usually the darker the better, so

Get great curtains or shades, that limit light.

Avoid alarm clock with big lights that light up part of the room.

No tv and limit your phone, while in your room sleeping or about to go to bed.

Most people will sleep better in cool room

Makes sure you make it cool via, lowering the thermostat at night or maybe an ac in those summer months.

Also, you don't want to be disturbed. It is best to put your phone on airplane mode.

So to boost your testosterone, dad and reverse the aging process, we are going to focus on

1. Breathing at night
2. Going to bed by 10pm(if possible)

3. Avoid too much caffeine or alcohol
4. Eat some carbs
5. Get your room set up right.

If you could only do one, right now I would focus 1 or 2.

Especially 1, we spend so much of the time in a stress fight or flight state, we need to get out of it to relax , recover and sleep well.

I think this will make a huge difference, if your able to implement that 1.

Thank you for checking out this E-book I hope it helps you. Let me know if you have any questions, you can email at [bobby1057@gmail.com](mailto:bobby1057@gmail.com)



**Do you need more?**

Do you want to , not just boost testosterone, but maybe build some solid muscle and strength and lose your gut.

I run a remote program for dads like us , who want those things, but don't have all the time in the world.

If you're committed to building muscle, strength and shedding some fat, so you have more energy and drive for your loved ones.

Text me "strong dad" at 5088402195

I'll get back to you asap and see if your a good fit for this program.

Thank you again

Bobby

Proud father and strength coach