

# Sleep + Energy Reset Checklist

Based on my consultation at Healthi-Life Longevity Clinic in Bangkok. A practical, lifestyle-first checklist I'm using to improve sleep quality, energy, and recovery.

**About:** I'm Tim Kroeger, rebuilding my energy in Bangkok after 15+ years of nonstop travel. I share wellness + recovery that actually works on the road.

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**Important:** This shares what my doctor recommended to me. It's not medical advice. If you have health concerns, speak with a qualified clinician.

## Quick Start (do these first)

Quick Start Checklist
<input type="checkbox"/> No caffeine after 2pm
<input type="checkbox"/> No big meals 3–5 hours before bed
<input type="checkbox"/> Phone / blue light off 1–2 hours before sleep (if possible)
<input type="checkbox"/> Bedroom/bed = sleep-only (and sex)
<input type="checkbox"/> Morning sunlight after waking (balcony is enough)
<input type="checkbox"/> Prefer green tea over coffee (steadier energy + antioxidants)

Doctor's model: sleep is fundamental. When sleep quality drops → hormones can get imbalanced → energy dips, cravings spike, recovery slows. Treatments can be a boost — lifestyle is what stays.

Deep sleep supports physical recovery; REM sleep supports cognitive function. The goal isn't only "more hours" — it's better quality.

## Full Checklist

### A) Sleep quality

- ☐ Identify your pattern: trouble falling asleep vs waking often vs waking tired
- ☐ No caffeine after 2pm (coffee/tea/energy drinks). If needed: 1 cup in the morning
- ☐ Prefer green tea over coffee for steadier energy + antioxidants
- ☐ Avoid big meals 3–5 hours before bed (small snack is okay)
- ☐ Phone/blue light off 1–2 hours before bed (if possible); switch to a low-stimulation wind-down
- ☐ Bedroom/bed = sleep-only (and sex). Avoid work/scrolling in bed
- ☐ Reduce late-evening water if bathroom wake-ups disrupt sleep
- ☐ Avoid alcohol if possible (can reduce sleep quality and leave you foggy)

### B) Daytime habits that support night sleep

- ☐ Exercise earlier in the day (late workouts can be activating; 'before 2pm if possible')
- ☐ Get morning sunlight after waking to set your body clock
- ☐ Spend time outside regularly to support vitamin D (often low in city life)

### C) Nutrition notes (energy + muscle support)

- ☐ Stay well-hydrated
- ☐ Aim for ~30g protein per meal (or use a simple portion rule if tracking is hard)
- ☐ Rotate protein sources (chicken, fish, eggs, legumes, tofu, soy milk) for amino-acid variety
- ☐ Add healthy fats in moderation (salmon, almonds, olive oil) for hormone balance
- ☐ Prioritize antioxidants (berries, citrus/vitamin C)

### D) Supplements mentioned (optional)

- ☐ Magnesium glycinate (discussed for sleep regulation)
- ☐ If falling asleep is difficult: melatonin ~30 minutes before bed (use carefully; ask a clinician if unsure)

### E) Tracking

- ☐ Track 14 days: bedtime/wake time, caffeine cutoff, last meal time, phone-off time, sunlight exposure
- ☐ If changing training/lifestyle: consider re-checking body composition every 2–4 weeks

### F) IV treatment notes (what was explained to me)

- ☐ In-body scan + consultation, then a personalized IV formula (not generic)
- ☐ IV mentioned: antioxidants (e.g., vitamin C, NAC) + vitamin B complex to support cellular energy
- ☐ Timing shared: some people feel changes within 1–2 days; lifestyle is the sustainable foundation

**Anchor rule:** treatments can be a boost — lifestyle is what stays. Start small, stay consistent, then iterate.