What I have learned from extensive morning tracking

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Monthly experiments
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?
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!

HELWEEK
ERTRAND LARSSEN
7 DAGEN DIE JE LEVEN VERANDEREN

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!
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
<table>
<thead>
<tr>
<th>Caffeine detox</th>
<th>Time in Bed</th>
<th>Time asleep</th>
<th>Ratio sleep/bed</th>
<th>Times awake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Augustus 2014</td>
<td>normal month</td>
<td>532</td>
<td>466</td>
<td>87,59%</td>
</tr>
<tr>
<td>September 2014</td>
<td>no caffeine</td>
<td>509</td>
<td>474</td>
<td>93,12%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5,53%</td>
</tr>
</tbody>
</table>
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

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