

FULL BODY RECOVERY PROTOCOL: SLEEP, MIND & MOVEMENT

SECTION 1: SLEEP QUALITY (THE FOUNDATION)

Core Principle: Optimize Sleep to Fuel Recovery Sleep is the most critical recovery tool. The focus must be on winding down effectively to achieve deep, restful sleep that supports physical and mental repair.

Winding Down Routine

- **Create a Routine:** Implement a consistent pre-sleep ritual to signal your body that it's time for rest.
- **Mental Recovery:** Dedicate 10-15 minutes to meditation or a similar calming practice to disengage the mind and reduce cortisol.
- **Physical Preparation:** Include a light mobility flow or massage.

SECTION 2: PHYSICAL & MENTAL RECOVERY

Core Principle: Direct Physical and Mental State Intervention Utilize specific techniques to manage inflammation, release tension, and shift the body into a state of deep recovery.

Tools and Practices

- **Massage & Foam Rolling:** Identify areas of discomfort and tender spots to address. (Optional SMR focus).
- **Contrast Therapy:** Implement contrast protocols to reduce soreness and enhance circulation.
- **Infrared Sauna:** Use for deep muscular relaxation and systemic detoxification.
- **Ice Bath/Cold Plunge:** Target acute inflammation and support central nervous system recovery.

SECTION 3: SYSTEM INTEGRATION (ENVIRONMENTS & RHYTHMS)

Core Principle: Utilizing Natural Elements to Regulate Systems Leverage environmental inputs to ground your physical state and regulate your biological clock for optimal long-term health.

Systems Optimization

- **Circadian Rhythm Regulation:** Get direct sunlight first thing in the morning to stabilize your biological clock. This simple step is vital for regulating your internal rhythms and improving sleep onset in the evening.

- **Earthing/Grounding:** Practice grounding for at least 15 minutes a day. Direct physical contact with the Earth can help neutralize free radicals, reduce inflammation, and calm the nervous system.
