

A SUPPLEMENTARY GUIDE TO

**THE
LATTER-DAY
MORNING**



— MARK BACERA —

A Supplementary Guide to the Latter-day Morning

Compiled by Mark Bacera, author of The Latter-day Morning: Create a Happier, More Successful, Spiritual Life Before Breakfast



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A Supplementary Guide to the Latter-day Morning version 3
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Message from the author

The Latter-day Morning Supplementary Guide is a free companionship resource to [*the Latter-day Morning: Create a Happier, More Successful, Spiritual Life Before Breakfast*](#). It is free to download from www.markbacera.com/latterdaymorning/guide and it is the author's wishes that it remain free indefinitely. If you purchased this guide from a third party, please contact them to ask for a refund.

As the name implies, this is a supplementary guide and the information inside is intended to help you, the reader, improve your sleeping and waking habits, and more specifically, augment various components in your Latter-day Morning routine.

Though the author hopes to regularly update this guide, the resources and information in this it reflect the author's express opinions and portray the current scientific studies, trends, and opinions prevalent at the time of writing; as such this guide is not to be taken as a definitive all-encompassing guide.

If you wish to receive regular updates to this guide, visit the [website](#), sign up for the free, weekly [newsletter](#), or follow the Latter-day Morning on [Facebook](#).

Version 2.0 necessary notice: After version 1, it became apparent that there is too much in the world that can supplement and shape one's perfect day. It's not "*where does one begin*", but "*where does one draw the line*", "*where does one end?*" And so, it may not be pretty, but I decided to make this guide a "living guide" that reflects the nature of me the author; full of thoughts and ideas, but horribly (and imperfectly) disorganized at times.

I also began to see that if I gave every item on the list its proper attention, we'd be left with another 100 page e-book. And so, I decided to go with as few notes as possible and go with lists and links, lots of links.

If you have any suggestions on how to improve this guide, please shoot me an email at latterdaymorning@markbacera.com. I am eager to hear your suggestions. But again, please know that this is what I believe will be best for all of you in the long-run.

It is my deepest wish that in the midst of all these ideas, that you will find the one treasured thought that will transform your morning from a good one to an excellent one.

Good luck and God bless,

A handwritten signature in cursive script that reads "Mark K. Bacera". The signature is written in black ink and is positioned below the text "Good luck and God bless,".

How to use this guide book

This guide is not meant to be a read from cover to cover. Instead, treat it as an encyclopedia where you look for the topics that interest you the most and research those topics. I will of course give my recommendations and links to all ideas or products that I reference.

Table of Contents

These are the various items that will be explored in this guide book.

Sleep Hacks

- [How room temperature affects sleep](#)
- [How meditating before bed can help improve sleep](#)
- [How creating an affirmation can help you sleep better](#)
- [Sleep affirmations](#)
- [How room darkness affects sleep](#)
- [What is Circadian Rhythm?](#)
- [The effects of napping](#)
- [How having a pen and paper by your bed can help you sleep](#)
- [How music can affect your sleep](#)
- [How aroma therapy can help you sleep](#)
- [The effects of blue light on sleep](#)
- [How to reduce blue light in order to have better sleep](#)
- [How to make your room darker \(for those sleeping during day-time hours\)](#)

Wake up Hacks

- [How much sleep should you aim to get every night?](#)
- [How to achieve a perfect night's sleep](#)
- [How to calculate the perfect sleep time](#)
- [Put your alarm clock out of reach](#)
- [The best alarm clocks](#)
- [The most interesting alarm clocks](#)
- [Get an alarm clock - don't use your smart phone as an alarm](#)

Meditation

- [How to use music in meditation](#)

- [Different resources that can help you learn more about different meditation practices](#)
- [Different YouTube channels that can help you meditate](#)
- [Different websites that can help you meditate](#)
- [Summary of the meditation product Muse](#)
- [How to use a candle to meditate](#)
- [Christ Centered Meditation](#)

General Affirmations

- [Examples of general affirmations](#)
- [How to make your own affirmation](#)

Visualization

- [How to create a visualization board](#)
- [Example: My visualization board](#)
- [Other visualization techniques](#)

Exercise and Fitness

- [What is a stomach vacuum?](#)
- [Does spot training work?](#)
- [Best vitamins and supplements for a healthy lifestyle](#)
- [Should I eat breakfast before or after exercising?](#)
- [Best exercises in the morning](#)
- [Best YouTube coaches](#)
- [When should I stretch?](#)
- [Best stretches](#)
- [Best yoga exercises](#)
- [Best yoga teachers on YouTube](#)
- [Best yoga websites](#)

Food Recipes

- [What is, and how to make Overnight Oats](#)

- [Best simple breakfast food recipes](#)
- [How to make fruit and/or veggie drinks](#)
- [Best fruit and veggie drinks recipes](#)
- [Best “normal” oatmeal recipes](#)

Aroma and Essential oils

- [Best essential oils for sleep](#)
- [Best practices for essential oils](#)
- [Best practices for aroma therapy](#)
- [How to use a diffuser](#)
- [Best diffuser practices](#)
- [Best diffusers](#)

Music

- [How to find good music for sleep and relaxation](#)
- [Brain FM](#)
- [Best YouTube channels to find good music for sleep and relaxation](#)
- [How White Noise can affect sleep](#)
- [What are Alpha Waves, and how can they affect sleep](#)

OTHER

- [How to have a perfect nap](#)
- [My perfect power nap](#)
- [Cool technology](#)
- [YouTube](#)

Sleep Hacks

How room temperature affects sleep

Room temperature plays a large role in the quality of one's sleep. You've probably noticed yourself that it's impossible to sleep when it is too hot or too cold. Researchers suggest that temperatures should be between 60 and 67 degrees Fahrenheit (15.5 to 19.4 degrees Celsius). In attempting to create the perfect environment for sleep, be sure to check your thermostat, or make sure the sheets on your bed will allow you to reach the desired temperatures.

Source: <http://sleep.org/articles/temperature-for-sleep/>



How meditating before bed can help improve sleep

There are a few key ways [meditation impacts sleep](#). The most obvious point we often hear about is how meditation soothes stress. But to be more precise, meditation soothes stress because it activates our autonomic nervous system, allowing for better sleep, stronger digestion, and deeper breathing. Due to the development of today's fast-paced culture, the human nervous system has begun to show signs of dysfunction, going into survival mode far more often than is healthy or necessary. Thus meditation is equivalent to a human "reset" button that puts us back into our natural physiological state.

Source:

<http://www.lifehack.org/397140/supercharge-your-sleep-by-meditating-before-bed>



How creating an affirmation can help you sleep better

Affirmations provide a simple but hugely powerful method to give you the mindset of a natural born deep sleeper. This article explains what affirmations are and provides you with a list of 10 sleep affirmations you can start using tonight.

Source: <http://sleephabits.net/sleep-affirmations>



Sleep affirmations

To start, you're going to take a few deep breaths to help you relax and be receptive to the benefit of the affirmations.

1. Take a good deep breath through your nose - nice and deep - deeper than that - and gently blow the air out your pursed lips - very slowly - long and drawn out - almost like whistling.
2. Then do it again - take a deep long breath through your nose - deeper - feel your lower chest swell up with air - and slowly let the air out your pursed lips...
3. And do it one more time - a good deep breath - and let it out slowly through your lips.

Then feel yourself relaxing as you get ready to speak Affirmations. It's important to relax now and let the Affirmations do their work for you.

Source:

<http://www.nvo.com/isleepless/affirmationstohelpyoucalmdownandgotosleep/>

The following are a few more resources for ready to use sleep affirmations:

- <http://affirmyourlife.blogspot.com/2009/08/sleep-affirmations.html>
- <http://aimhappy.com/10-bedtime-affirmations-peaceful-sleep/>



How room darkness affects sleep

Light and darkness are powerful cues that tell your body it's time to rest, or get you ready for a productive day. So it's no surprise that light in the bedroom (as well as light peeking in from outside) has an impact on the quality of your sleep.

Artificial light after dark can send wake-up messages to the brain, suppressing the production of the sleep-inducing hormone melatonin and making it harder to fall asleep and stay asleep. Recent studies showed that even bright room light could have this chemical effect. Early sunrays shining through your window can begin to activate the body and can cause some of us to rise before we're ready.

With a little thought and creativity, though, you can use the body's light sensitivity to your advantage. Consider low-wattage,

incandescent lamps at your bedside to help you wind down in the hours before sleep. Survey your room for any other sources of artificial light, for example, street lamps or porch lights, or even the glow from the power buttons of electronics like TV's or bright alarm clocks. Consider blocking these to make the room completely dark while you sleep. If you go to the bathroom during the night, do so by nightlight, instead of turning on stronger overhead lights.

Source: <http://sleepfoundation.org/bedroom/see.php>



What is Circadian Rhythm?

If you've ever noticed that you tend to feel energized and drowsy around the same times every day, you have your circadian rhythm to thank. What is it, exactly? Your circadian rhythm is basically a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.

For most adults, the biggest dip in energy happens in the middle of the night (somewhere between 2:00am and 4:00am, when they're usually fast asleep) and just after lunchtime (around 1:00pm to 3:00pm, when they tend to crave a post-lunch [nap](#)). Those times can be different if you're naturally a night owl or a morning person. You also won't feel the dips and rises of your circadian rhythm as strongly if you're all caught up on sleep. It's when you're sleep-deprived that you'll notice bigger swings of sleepiness and alertness.

Source:

<http://sleepfoundation.org/sleep-topics/what-circadian-rhythm>



The effects of napping

More than 85% of mammalian species are polyphasic sleepers, meaning that they sleep for short periods throughout the day. Humans are part of the minority of monophasic sleepers, meaning that our days are divided into two distinct periods, one for sleep and one for wakefulness. It is not clear that this is the natural sleep pattern of humans. Young children and elderly persons nap, for example, and napping is a very important aspect of many cultures.

As a nation, the United States appears to be becoming more and more sleep deprived. And it may be our busy lifestyle that keeps us from napping. While naps do not necessarily make up for inadequate or poor quality nighttime sleep, a short nap of 20-30 minutes can help to improve mood, alertness and performance. Nappers are in good company: Winston Churchill, John F. Kennedy, Ronald Reagan, Napoleon, Albert Einstein, Thomas Edison and George W. Bush are known to have valued an afternoon nap.

Source: <http://sleepfoundation.org/sleep-topics/napping>



How having a pen and paper by your bed can help you sleep

Keep a pen and paper by your bed to jot down anything that comes to mind when you're trying to fall asleep. "This technique allows people to mentally work through their list of unresolved responsibilities before bed," says [sleep-health consultant Dr. Sujay Kansagra](#) over email. "In the fast-paced world, sometimes lying in bed is the first time we are actually able to think about what is on the list. By creating a list of tasks, and even writing down worries, you can prevent yourself from thinking about it excessively just before bed."

Source:

<http://www.bustle.com/p/11-surprising-tricks-to-help-you-sleep-when-you-have-anxiety-49842>



How music can affect your sleep

Lullabies aren't just for babies—they're great for adults, too. Using soothing music to wind down before bed each night is perfectly acceptable—even encouraged—as a relaxation technique.

It turns out that bedtime listening can even help people with sleep disorders by boosting sleep quality and [quantity](#). The benefits may not happen overnight—it can take as many as three weeks to see improvement—but listening to music pays off. Putting on some tunes can help you fall asleep faster, wake up less during the night, and feel more rested in the morning. Music can help sleepers of all ages, from toddlers through the elderly, at naptime and nighttime alike.

Source: <http://sleep.org/articles/sleep-music/>



How aroma therapy can help you sleep

Although the idea of using aromatherapy might seem a little off base, research has started to support the concept in recent years based on scientific findings.

Difficulty with sleeping has become one of the most pervasive complaints in modern society besides weight gain, so studies have begun to search for new ways to help people achieve deep, restful slumber.

Since there is currently a trend of favoring all things natural and organic, aromatherapy has become a popular alternative to taking sleeping pills. Used properly, aromatherapy can provide you with better quality sleep and even reduce the effects of insomnia

Source:

<http://dailyhealthpost.com/the-smell-of-sleep-how-to-use-aroma-therapy-at-bedtime/>



The effects of blue light on sleep

Blue light wavelengths produced by electronics and overhead lights boost attention, reaction times and mood, according to Harvard Medical School. This can be great for the daytime when the body needs to be alert, but at night it can become a problem.

Research has found that exposure to blue light suppresses the production of melatonin more than any other type of light. It is believed that the shorter wavelengths in blue light is what causes the body to produce less melatonin because the body is more sensitive to this type of light

Source:

<http://www.livescience.com/53874-blue-light-sleep.html>



How to reduce blue light in order to have better sleep

Reducing the amount of blue light that screens emit is generally easy, and doesn't require much effort on your part. You can usually do it by either tweaking the settings on your device (if there is a built-in function), or by using an app. Search online for instructions to find out how to do this, or to find a relevant app if this setting isn't available.

An added bonus of doing this is that you will experience less eye strain if you tend to look at screens in a dark environment. That is, using your laptop with the lights off will be much more comfortable now, and you won't have to feel like someone is aiming a projector in your eyes you when you look at your phone late at night.

Source:

<http://effectiviology.com/sleep-better-reduce-blue-light-before-bedtime/>

There are many products and apps that can help you reduce the impact of blue light during the late hours of the night. However, I

must point out that there is only one way to cut out 100% of blue light, and that is by cutting out your screen time completely. Since this is all but impossible for us 21st century-people, our best bet is to minimize its harmful effects. Check out the following products to get started! (I use f.lux and blue light reducing glasses and they work like a charm)

- Glasses: <http://amzn.to/2z4vATE>
- F.lux: <https://justgetflux.com>
- Blue light cutting screen protectors:
 - Laptop: <http://amzn.to/2z3Kyt5>
 - iphone: <http://amzn.to/2jHPVv9>
 - Android: <http://amzn.to/2zS4M6>



How to make your room darker (for those sleeping during day-time hours)

I realized, in writing the Latter-day Morning, that it would be extremely difficult for certain people to have morning routines---namely, those who work night shifts or unusual hours.

Perhaps the most beneficial tip for you guys is a method to make your room dark enough to promote a better sleep. Check out this article for different ideas you can employ to make your rooms darker.

- <http://www.wikihow.com/Make-Your-Room-Pitch-Black-During-the-Day>
- Amazon: <http://amzn.to/2B4KryF>



Wake up Hacks

How much sleep should you aim to get every night?

One of the age-old questions: how much is the right amount of sleep? The new guidelines not only give recommended amounts, but also state what might be appropriate for different ages. Children aged six to nine need nine to 11 hours a night, but may get by on seven to eight. Teenagers need eight to 10 hours. Seven hours may be OK for some, but sleeping more than 11 hours a day may be detrimental to their health, although some may need that much during puberty.

Source:

<http://www.theguardian.com/lifeandstyle/2015/feb/15/how-much-sleep-do-i-need-recommended-amounts-all-ages>



How to achieve a perfect night's sleep

A good night's sleep actually starts in the morning. The second your eyes flutter open, light shoots down the optic nerve and into the brain's biological clock. There it stimulates the production of a smorgasbord of hormones that regulate growth, reproduction, eating, sleeping, thinking, remembering 'even how you feel from minute to minute.

‘Sunlight activates the brain,’ says Frisca L. Yan-Go, M.D., medical director of the UCLA Sleep Disorders Center. And activating it at the same time every morning synchronizes your body’s biological clock. Then your body has a clear direction that at midnight it’s supposed to be asleep and at noon it’s supposed to be awake.

Waking up at a different time every day and the clock is out of sync. You feel groggy and hung-over for hours, and even when you start to feel a bit more alert after that first Starbucks, you really never achieve the mental edge of which you’re capable.

Source:

<http://www.besthealthmag.ca/best-you/sleep/5-steps-to-a-perfect-nights-sleep/>



How to calculate the perfect sleep time

The goal is to wake up naturally just about the time your alarm is set for that wake-up time. You already know what time you need to wake up, so you have one piece of the Perfect Bedtime Formula, which is a simple four-step process:

1. The average sleep cycle is approximately 90 minutes long.
2. We know that the average person has 5 sleep cycles per night.
3. Multiply 90 minutes by 5 sleep cycles per night for 450 minutes or 7.5 hours of sleep.
4. Then count backwards from your wake-up time 7.5 hours and you have a starting point for your bedtime.

Example: You need to wake up to get ready for work at 6:30 a.m. Counting backwards 7.5 hours, your lights-out time is 11:00 p.m. Lights out – in bed ready for sleep.

Finally, just add in some extra time into your calculations in order to account for the time between lights-out and actual sleep, and you've got your perfect sleep time!

Source:

<http://blog.doctoroz.com/oz-experts/calculating-your-perfect-bedtime-and-sleep-efficiency>



Put your alarm clock out of reach

This is a classic technique that hails from the dawn of the first alarm clock (at least I assume it does), but can still help those that are struggling to with getting up without snoozing. You basically set up your alarm and place it on the other side of the room so when it goes off you're forced to get out of bed to turn it off.

An adaption of this barbaric approach is to set up two alarm clocks at different times.

This approach is best for those who don't share a room and need extra pressure to leave their blankets; those sharing rooms could use this, but be prepared to face the wrath of those sleeping with you when fail to turn it off in a swift manner.



The best alarm clocks

This all comes down to personal preference. Do you want to wake up to your favorite breakfast radio station or would a traditional bell get you out of bed quicker? Some alarm clocks have come into the 21st century with Humane Waking Systems - that's where buzzers start off at a low volume and get louder. Other, more expensive alarms will illuminate your bedroom with a calming light to simulate the feeling of waking up under canvas at sunrise.

Source:

<http://www.expertreviews.co.uk/technology/1405499/best-alarm-clocks-2017-guaranteed-wake-up-calls>



The most interesting alarm clocks

The best alarm clock is the one that wakes you up, right? If that's the case, how do you choose the best alarm clocks from the worst ones? Whether you just use your smart phone to wake you (which we cover in the next section), or you prefer a specific make and model with multiple alarms and gentle-waking features, sometimes it's just exciting to get something different and interesting. The following is an old article from Lifehacker for their pick of 5 best alarm clocks.

Source: <http://lifehacker.com/5945426/five-best-alarm-clocks>

Here are some other alarm clocks that I found pretty interesting:

- The bacon alarm clock (out of production?): <http://bacontoday.com/waken-bacon-the-real-bacon-alarm-clock/>
- The shape up alarm clock (exercise to turn it off): <http://amzn.to/2zTowK1>
- Gun and target alarm clock (shoot the target): <http://amzn.to/2izFjuT>
- Flying alarm clock (it flies away...): <http://amzn.to/2zSfgIZ>
- Banclock (silence the alarm by putting money into a piggy (box) bank: <http://amzn.to/2B7vSe3>
- Alarm clock mat (step on it to turn it off): <http://amzn.to/2jEK7T3>
- Diffuse the bomb alarm clock: <http://amzn.to/2z5WDxJ>



Get an alarm clock - don't use your smart phone as an alarm

Many people use their smart phones as alarms out of convenience, but there is a lot more to be gained if we simply put our devices away before going to bed.

Here are four reasons to ditch your smart phone in the bedroom:

1. When your phone goes to bed with you, you spend your last few minutes before sleep staring at a glowing screen:
This is bad for falling asleep. Most sleep doctors will tell you that you should have a full hour screen-free before trying to go to bed. This is partly because the glow is tough on your eyes, but it's also psychological.
2. Holding your phone first thing in the morning means you're probably going to do more than just turn off the alarm.
Waking up with your smart phone in your hand usually

results in wasting time in the morning. And even though emails, social media, and news can be important, the goal is to work on ourselves first before giving our attention to other things.

3. Middle of the night Facebook sessions: All of us at times can have trouble falling asleep or have episodes where we wake up in the middle of the night and can't get back to sleep. Having your phone next to you also means having an unlimited source of entertainment within arm's reach. You think you're just checking up on your Facebook posts, but one hour later, you're watching cat videos on YouTube. This is never good for sleep.
4. It's not the best alarm clock, anyway: At the end of the day, the noises that our phones put out in the morning aren't even as loud or effective as the real deals. Better to just get a \$5 alarm clock.

Source:

<http://www.apartmenttherapy.com/using-your-phone-as-an-alarm-heres-why-you-should-stop-207226>

Speaker and Author Simon Sinek also touches on this topic and puts it in more motivating words. To watch this section of his interview check out this YouTube clip (or if the video is disabled at any point, simply search for the terms 'Simon Sinek millennials':

<http://youtu.be/As8XkJNaHbs?t=900>



Meditation

How to use music in meditation

Meditation is a great way to feel more centered and focused, and to de-stress after a long day. Music is a useful tool in meditation, as it can help you clear your mind and stay in the moment. There are different forms of meditation, and different ways to use music with each one.

Find a comfortable and relaxing space. Make sure the room is a comfortable temperature for you, and that your body is comfortable where you are sitting. Choose a quiet room, so that you can focus on the music you choose.

Keep a good posture, keep your eyes closed, and relax your neck and shoulders while you meditate

Source: <http://www.wikihow.com/Use-Music-With-Meditation>



Different resources that can help you learn more about different meditation practices

Ok, so you know that meditation has [dozens of benefits](#), and everybody is doing it. You look for information online or on a bookstore, and see that there are a LOT of different ways of doing meditation, dozens of meditation techniques, and some conflicting information. You wonder which way is best for you.

This article will help you navigate the sea of different practices of seated meditation, briefly explaining each of them, and pointing to further resources. There are literally hundreds – if not thousands – of types of meditation, some of which are only variations of others, so this source will only explore the most popular ones.

Source: <http://liveanddare.com/types-of-meditation>



Different YouTube channels that can help you meditate

In the Latter-day Morning book I touch lightly on my love for YouTube; not only is it a great source to find great (and free) entertainment, but it has actually risen to become the second most powerful search engine in the world (only behind Google).

Many people use YouTube to learn and grow, and luckily for our purposes we can use to find guided meditations. The following are two great articles on popular guided meditations on YouTube.

Source:

<http://www.ilivethelifeilove.com/10-best-guided-meditations/#comments>

<http://mashable.com/2016/04/10/youtube-meditation/#7zEiSvjD6Pqm>

Here are some that I have personally picked:

The Honest Guys:

<http://www.youtube.com/user/TheHonestGuys>

Michael Sealey:

<http://www.youtube.com/channel/UC9GoqHypa-SDrGPMYeBkJw>

Jason Stephenson:

<http://www.youtube.com/channel/UCqPYhcdFgrlUXiGmPRAej1w>



Different websites that can help you meditate

Aside from YouTube, there are many other resources to turn to find guided meditations. The following sources are various websites that have free guided meditations:

- Do Yoga With Me
<http://www.doyogawithme.com/yoga-meditation>
- The Free Mindfulness Project
<http://www.freemindfulness.org/download>
- Calm <http://www.calm.com/>
- Headspace <http://www.headspace.com/>
- UCLA Meditation
<http://marc.ucla.edu/mindful-meditations>
- Fragrant Heart
<http://www.fragrantheart.com/cms/free-audio-meditations>
- Tara Brach
<http://www.tarabrach.com/audioarchives-guided-meditations.html>
- Meditation Oasis <http://www.meditationoasis.com/podcast/>
- The Meditation Podcast <http://themeditationpodcast.com/>
- Chopra Centered Lifestyle
<http://www.chopra.com/ccl/guided-meditations>
- Audio Dharma
<http://www.audiodharma.org/series/1/talk/1835/>
- Dharma Seed <http://dharmaseed.org/>



Summary of the meditation product Muse

Do you ever feel as though you're not really in control of your own thoughts? Perhaps you find yourself worrying about things that don't really matter, or maybe your mind is constantly racing when you're supposed to be getting shuteye.

[Muse](#) is a brain sensing headband that aims to help you take back control by providing feedback to help you in your meditation practice.

The Muse headband since has been featured all over on places like Huffington Post, Oprah Magazine, LiveStrong, GQ and several other media outlets. It comes with a whooping price tag of \$250, but its users claim (I have yet to try it out personally) that using it is life changing.

Here are a few reviews of the Muse brain sensing headband.

- <http://www.choosemuse.com/what-are-people-saying/>
- <http://truestressmanagement.com/muse-headband-review/>
- <http://www.wareable.com/wearable-tech/muse-brain-sensing-headband-review-938>
- <http://www.youtube.com/watch?v=NnooWYNxdqw>
- http://www.youtube.com/watch?v=rpaena_4nYQ
- <http://www.youtube.com/watch?v=HzcQhPV6Nn8>



How to use a candle to meditate

Meditation is used to help clear your mind and increase your ability to focus. One way to do this is by lighting a candle and focusing on the flame. Many people find it much easier to clear their mind when focusing on an object. Candles can also help to create a relaxing environment to aid in meditation. To use candles for meditation, you will need to choose a candle, create a relaxing environment, and position the candle for meditation. Then, light the candle and begin to clear your mind and focus on the flame.

Source: <http://www.wikihow.com/Use-Candles-for-Meditation>

Another Video:

<http://www.youtube.com/watch?v=otZups3dY4M>



Christ Centered Meditation

I introduced this in the Latter-day Morning book, but I want to add just a little more information. *Christ-Centered Meditation: Handbook for Spiritual Practice* provides the reader with insights and tools to enrich his/her spiritual practice through "passive" meditation techniques, which involves stilling the conscious mind, and "active" meditation techniques, using guided visualizations and interaction with others. These are derived from Christian contemplative and Eastern meditation traditions. Unique to this handbook are exercises for couples and families. Included is a thirty-day plan of contemplation on Christ.

Book:

<http://www.amazon.com/Christ-Centered-Meditation-Pam-Blackwell/>

You can also watch/listen to two interviews with Sister Blackwell as she talks in more detail about the concept of Christ-centered meditation. At the end of each video is an actual guided Christ-centered mediation performed by Sister Blackwell, herself.

- <http://www.mormonchannel.org/listen/series/mormon-channel-daily-audio/christ-centered-meditation-february-25-2015>
- <http://www.mormonchannel.org/listen/series/mormon-channel-daily-audio/christ-centered-meditation-continued-march-04-2015>



General Affirmations

Examples of general affirmations

If you believe the phrase *you are what you think*, then life truly stems from your thoughts. But we cannot rely purely on thoughts; we must translate thoughts into words and eventually into actions in order to manifest our intentions. This means we have to be very careful with our words, choosing to speak only those which work towards our benefit and cultivate our highest good. Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The word affirmation comes from the Latin *affirmare*, originally meaning “*to make steady, strengthen.*”

Affirmations strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Sources:

http://www.huffingtonpost.com/dr-carmen-harra/affirmations_b_3527028.html

The following are examples of other affirmations that you can instantly use in your life:

- <http://www.essentiallifekills.net/positiveaffirmations.html>
- <http://www.prolificliving.com/100-positive-affirmations/>

- <http://jackcanfield.com/blog/practice-daily-affirmations/>
- <http://dailyburn.com/life/lifestyle/instagram-positive-affirmations/>
- <http://www.mdjunction.com/forums/positive-thinking-discussions/general-support/3003860-list-of-positive-daily-affirmations>



How to make your own affirmation

Writing effective affirmations can be a fairly easy process when you take a look at the structures of various examples. Once you're ready to write, find a quiet place where you can be alone and can focus on writing statements that will improve your self-esteem and create a drive in you to succeed. Use the following resources for some pointers on how to make you own personal affirmation(s).

Sources:

- <http://www.dummies.com/health/mental-health/self-esteem/how-to-write-your-own-affirmations/>
- <http://www.self-help-and-self-development.com/affirmations.html>



Visualization

How to create a visualization board

A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.

There is no set-rule on how to make one, but there are a few things to keep in mind. Check out the following sources to help you as work on this fun and inspirational project.

Sources:

- <http://christieinge.com/9-steps-for-creating-a-vision-board-that-actually-works/>
- <http://makeavisionboard.com/what-is-a-vision-board/>

Tips: Finding magazines that you actually want to cut up can be a little difficult, especially for us hoarders (I say *us* because I'm one of you!)---we just don't want to cut up *our* things! Thus, some great sources of unwanted magazines are friends, family members, and neighbors. I'm sure you can even tweet or make a Facebook post and people will come to your rescue.

Another awesome source for church magazines is the missionaries. They have *tons* of unwanted Ensigns/Liahonas just piling up in their apartments. Just ask the missionaries!

Example: My visualization board

A while back, I blogged about creating my own visualization board. You can find the post here:

<http://www.latterdaymorning.com/mark-day-48-visualization-board/>

Hopefully seeing my (definitely) not-so-perfect visualization board will help you in creating one of our own. Here are images of my general visualization board and one super spiritual one.





Other visualization techniques

Visualization doesn't always have to be the same way every time. Of course, we can picture things in our mind, draw things out, make a visualization board, anything really! The following are great resources on other techniques you can try out if you start feeling that your current visualization technique is no longer cutting it for you.

- <http://www.realsimple.com/health/mind-mood/emotional-health/visualization-techniques#give-better-speeches>
- <http://www.vixendaily.com/success/simple-visualization-techniques-to-accomplish-anything/>
- <http://operationmeditation.com/discover/visualization-techniques/>



Exercise and fitness

What is a stomach vacuum?

Stomach vacuums are sometimes called a lost exercise. It was wildly popular in the 70's and 80's and used by many bodybuilders like Arnold Schwarzenegger and Frank Zane. In short, it involves sucking in your gut into an isometric hold (i.e. no movement) for a certain amount of time. It supposedly was the key for these bodybuilders to create their tapered bodies.

Source: <http://www.bodybuilding.com/fun/ms-fit5.htm>

Video on how to do a stomach vacuum:

<http://www.youtube.com/watch?v=gDx1xfSobG4>



Does Spot training work?

Spot training is in this guide because I think it's one of the many false ideas that people getting started in exercise tend to believe in.

“One of the most common fitness myths is spot training, sometimes called spot reduction. Spot training is the idea that you can cause weight loss or muscle definition in one area without

affecting other parts of the body. This myth is particularly persistent because everyone wants it to be true.”

So instead of doing a billion sit-ups to get rid of your gut, the better course of action is to aim for total body health and over-all fitness.

Source:

<http://www.johnsonfitness.com/blog/fitness-myths-the-science-behind-spot-training>



Best vitamins and supplements for a healthy lifestyle

We all know vitamins and minerals are essential nutrients the body needs - but what does each vitamin do? And which foods are vitamin powerhouses? This article provides the low-down on which letter does what, from A (that is, Vitamin A) to Z (or - zinc).

For those among us who aren't nutritionists, dieticians or experts in natural health, the letters and numbers which explain the world of healthy food can seem pretty daunting. One thing's for sure – experts recommend fueling your body with healthy food before you turn to supplements. The best bet is to make sure you eat a balanced diet with [as many whole foods as possible](#) –then, if you need a boost, turn to the pills.

Here's a quick breakdown on what experts say are the 11 essential vitamins (more details in the article):

- Vitamin A: Healthy eyes and general growth and development, including healthy teeth and skin.

- B Vitamins: Energy production, immune function and iron absorption.
- Vitamin C: Strengthening blood vessels and giving skin its elasticity, anti-oxidant function and iron absorption.
- Vitamin D: Strong healthy bones.
- Vitamin K: Blood coagulation – that is, the process by which your blood clots.
- Folic Acid: Cell renewal and preventing birth defects in pregnancy.
- Calcium: Healthy teeth and bones.
- Iron: Building muscles naturally and maintaining healthy blood.
- Zinc: Immunity, growth and fertility.
- Chromium: Glucose function – making sure every cell in your body gets energy as and when needed.

Of course, there are others than other experts would argue should be on this list, so always do further research to see what vitamins would work for you.

Source:

<http://www.goodnet.org/articles/11-essential-vitamins-minerals-your-body-needs>



Should I eat breakfast before or after exercising?

Breakfast is billed as the most important meal of the day—but you may want to hold off on eating it until after your daily workout. Researchers in Belgium set up a six-week study to determine if the order of men’s morning routines would make a difference in

terms of weight loss and other health aspects. “We hypothesized that training in the fasted state would be a better strategy to improve fat metabolism,” says the study’s lead author Karen Van Proeyen, Ph.D. “However, we were rather surprised that almost all measured parameters were more beneficially affected following a training program before breakfast, compared with a similar training session after breakfast.”

Source:

<http://www.mensfitness.com/nutrition/what-to-eat/breakfast-before-or-after-a-workout>

Note: I’ve consulted other fitness experts and the basic premise, to me, is that exercising in a fasted state will provide a good burn (in regards to weight loss), but being properly fuelled (eating breakfast) could give you the energy necessary to do a more intense workout.

In my head this is simply, eat breakfast if you want to go all out; don’t eat breakfast if you’re looking for a simple change that could give added health benefits.



Best exercises in the morning

Everyone knows that exercise is a must, thus the next question is *what exercises should I do?* If you aren’t an exercising person, this one question can be an endless search for a question without a real answer. The following, however, contain some workout ideas that you should try to add in to your routines.

Always remember warm-up properly. Then Start with gentle movements that yield big results—ones that strengthen and

stretch the entire body while getting the blood pumping, but are a bit less intense. Remember, if all of this looks like it's not-for-you, you can always resort to running, jogging, or walking.

- <http://greatist.com/move/easy-morning-workout>
- <http://www.webmd.com/fitness-exercise/features/lose-weight-with-morning-exercise#1>
- <http://www.bodybuilding.com/content/the-5-rules-of-morning-workouts.html>
- <http://www.shape.com/fitness/workouts/quick-start-morning-workout>
- <http://www.mensfitness.com/training/workout-routines/5-morning-workouts-all-day-energy>
- <http://www.lifehack.org/articles/lifestyle/10-simple-morning-exercises-that-will-make-you-feel-great-all-day.html>



Best YouTube coaches

When it comes to exercise, the best way to learn about them is by watching someone else do them. However, some people prefer to be guided the whole time. That's where YouTube comes in. There are tons (hundreds and counting) of channels out there with coaches that will lead you in a fitness routine. Just listen and watch them and follow along. The good ones even give beginner exercises that beginners could use to replace standard ones. Check them out here.

- http://www.buzzfeed.com/carolynkylstra/youtube-fitness?utm_term=.ukVJrD8pR5#.lhPeY5PgQ4

- http://www.huffingtonpost.com/kayla-matthews/9-great-yoga-youtube-channels_b_6737360.html
- <http://neoreach.com/top-fitness-influencers-youtube/>
- <http://www.bodybuilding.com/fun/11-fitness-youtubers-you-should-be-watching.html>
- http://blog.feedspot.com/fitness_youtube_channels/
- <http://www.youtube.com/watch?v=IwCkYsfkPhc>

And...forgive me for being a guy, but here are my favorites:

- <http://www.youtube.com/user/JDCav24>
- <http://www.youtube.com/user/buffdudes>
- <http://www.youtube.com/user/TwiceTheSpeed1>



When should I stretch?

One question that beginners have is *when should I stretch?* Do you do it before your workout, after, during? The rule of thumb is that you should do warm up, or dynamic, stretches before your routine. This helps the muscles get warm and ready to take on a load of stress or resistance. Then when you are done with your workout, you should stretch to help elongate the muscles and allow blood to flow better throughout your body (which in turn, better provides nutrients and flush out toxins in the body).

The following are a few articles on the timing of stretches.

- <http://www.webmd.com/fitness-exercise/features/how-to-stretch#1>
- <http://greatist.com/move/stretch-before-or-after-workout>
- <http://www.livestrong.com/article/392268-should-you-stretch-before-or-after-a-workout/>

- <http://www.bodybuilding.com/fun/how-to-stretch-properly-the-dos-and-donts-of-stretching.html>



Best stretches

Stretching correctly will increase your flexibility and reduce the risk of injuries. The following guide shows a variety of techniques with the goal of revamping or establishing your stretching routine. Use the tips that suit your needs for the activities you do. If you are injured, do not stretch without the help of a physical therapist. Doing so may result in further injury.

Sources:

- <http://www.wikihow.com/Stretch>
- <http://www.self.com/gallery/essential-stretches-slideshow>

Also check out these other guides for what experts are saying are the best stretches to do after waking up in the morning:

- <http://www.mensfitness.com/training/pro-tips/7-top-early-morning-stretches-build-better-body>
- <http://www.popsugar.com/fitness/5-Stretches-Do-Morning-7751119>
- http://www.sparkpeople.com/blog/blog.asp?post=rise_and_shine_8_stretches_you_should_do_each_morning
- <http://www.prevention.com/fitness/do-these-stretches-before-getting-out-of-bed>
- <http://www.youtube.com/watch?v=hf4lYSg1XpI>
- <http://www.youtube.com/watch?v=epabz6dGapw>



Best yoga exercises

It is a trend nowadays, not only among stay at home moms, but pro-athletes to incorporate yoga into their weekly (if not daily) fitness routines. Yoga is proven as not only a great benefit to one's physical body, but also a great source of stress relief and emotional stabilization. Refer to the following sources for what gurus are calling the best yoga exercises.

- <http://www.yogajournal.com/practice/10-yoga-poses-do-every-day>
- <http://www.health.com/health/gallery/0,,20676277,00.html>
- <http://www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses/>
- <http://www.mindbodygreen.com/0-11941/if-you-only-do-10-yoga-poses-do-these.html>
- <http://www.livestrong.com/slideshow/1011340-11-essential-yoga-poses-everyone-should-practice/>



Best yoga teachers on YouTube

You may wish that you could attend daily group yoga sessions at a local studio, but sometimes life gets in the way. Don't fret if money, time or proximity to a good studio is your inhibitor to a regular yoga practice, because there are plenty of free yoga videos

on YouTube that can motivate you to get on the mat, no matter if you have five or 105 minutes to spare.

The following are several resources you can turn to, to find free yoga teachers on YouTube.

- <http://www.yogiapproved.com/yoga/10-great-youtube-channels-for-free-yoga-videos/>
- Yogi Approved channel:
<http://www.youtube.com/channel/UCyEEqjhf3NeujoC73yUZbKw>
- Yoga with Tim:
<http://www.youtube.com/channel/UCo3GoRLFsOehQ4tIoKZHNA>
- Yoga with Cole:
http://www.youtube.com/channel/UCAwPqAM_ONIyI1EHU5hDe4Q
- Five Parks Yoga:
<http://www.youtube.com/channel/UCrtTMWDx4u1dVKMpXNhjwpA>
- Yoga by Candace:
<http://www.youtube.com/channel/UCI9s9nFu2m3K2CvhO2QVfTg>
- Yoga with Adriene:
<http://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>



Best yoga websites

Of course, YouTube isn't the only place to turn to when looking for great Yoga teachers, there are a plethora of great websites and blogs with great information on yoga. In fact, many of the

wonderful YouTube yoga teachers have their own websites/blogs where they go into even more detail about their practices as well as share content that isn't accessible through YouTube alone.

If you want to delve deeper into the world of Yoga, check out the following resources:

- <http://kathmanduyogi.com/top-15-yoga-websites-blogs-inspiration/>
- <http://www.yogiapproved.com>
- <http://dailycupofyoga.com>
- <http://www.jbrowniyoga.com>
- <http://www.mindbodygreen.com>
- <http://www.rachelyoga.com/blog/>
- <http://yogadork.com>



FOOD RECIPES

What is, and how to make Overnight Oats

In the Latter-day Morning book, I shared one of my favorite *easy* breakfast recipes; well, to be fair I told you about it, but I didn't want to waste pages telling you all the details, so I've included it in this guide.

Overnight Oats are simple. You put all the ingredients in a jar, mix or shake it thoroughly, and stick it in the refrigerator for a long time, and *poof*, you have ready-to-eat oatmeal to fuel your morning routine. The following are some guides and recipes on making Overnight Oats.

- <http://hurrythefoodup.com/how-to-make-overnight-oats-in-a-jar/>
- <http://wholefully.com/8-classic-overnight-oats-recipes-you-should-try/>
- <http://www.katheats.com/favorite-foods/overnightoats>
- <http://www.quakeroats.com/cooking-and-recipes/overnight-oats>
- <http://www.foodnetwork.com/healthyeats/recipes/2015/05/as-you-like-it-overnight-oats-for-breakfast>

And this is the YouTube video that I first used to help me make Overnight Oats. It's more of a "bodybuilder's" recipe, but I just wanted to show what worked for me!

- <http://www.youtube.com/watch?v=R2wTAUFmbY4>



Best simple breakfast food recipes

Many nutritionists say that breakfast is the most important meal of the day, yet many people wake up *just in time*, and grab a fistful of cereal or a crappy granola bar on the way out the door. although a gourmet breakfast isn't always a realistic everyday goal, it doesn't mean we should settle for a sugar rush that will leave us sad and hungry just a half hour later.

I think many would be surprised to see how many healthy breakfast ideas require very little effort when put into practice. There are things from crazy-easy [breakfast muffins](#) you can make ahead of time to [healthy smoothie recipes](#) you can whip up day-of in just minutes. If Overnight Oats, PB&J waffle sandwiches and scrambled egg muffins seem appealing to you, check out these resources!

- <http://greatist.com/health/healthy-fast-breakfast-recipes>
- <http://allrecipes.com/recipes/17485/everyday-cooking/quick-and-easy/breakfast-and-brunch/>
- <http://www.incredibleegg.org/recipe/collection/fast-breakfast-recipes/>
- <http://food.ndtv.com/lists/10-best-easy-breakfast-recipes-1756296>
- <http://www.realsimple.com/food-recipes/recipe-collection/s-favorites/quick-easy/breakfast-dishes>

How to make fruit and/or veggie drinks

One of the most stereotypical images of early morning risers out there are images of happy people in their kitchen making smoothies or veggie drinks. For good reason! They're really easy to make, healthy, and delicious (as long as you pick the right recipes).

Just keep in mind, a lot of folks out there think of juicing as a replacement for whole foods—but we shouldn't fall into that misconception. Whole foods (and the fiber that comes along with them) are still a vital part of a healthy diet.

The following are some great resources to help you add that oft-missed fruit and vegetables into your diet.

- <http://juicing-for-health.com/ultimate-beginners-guide-to-juicing>
- <http://wholefully.com/8-easy-juice-recipes-to-get-you-started-juicing/>
- <http://www.eatingwell.com/article/278357/how-to-start-juicing-7-day-juice-plan-to-add-more-fruits-and-vegetables-to-your-diet/>
- <http://www.elizabethrider.com/how-to-start-juicing-beginner-green-juice-recipe/>



Best fruit and veggie drink recipes

Juices are easy to make at home with a juicer or high-powered blender. But many people aren't sure what ingredients make the best juices. These delicious, nutritious juicing recipes from around

the Web are sure to pique your taste buds and make healthy living taste that much more delicious.

- <http://draxe.com/juicing-recipes/>
- <http://wholefully.com/8-easy-juice-recipes-to-get-you-started-juicing/>
- <http://www.seriousseats.com/2015/01/best-juice-combinations-juicer-recipes-green-juice.html>
- <http://www.prevention.com/food/healthy-eating-tips/green-juice-recipes>
- <http://www.mindbodygreen.com/0-8155/3-yummy-green-juice-recipes-to-convert-skeptics.html>
- <http://www.merakilane.com/12-delicious-juicing-recipes-we-ought-to-try/>



Best “normal” oatmeal recipes

Overnight Oats, I feel, is the king of breakfasts for the busy morning person, but that shouldn't distract from the fact that non-overnight oats are still amazingly easy, nutritious, and delicious.

The following are some great “normal” oatmeal recipes that may motivate you to eating healthier in the morning.

- <http://www.health.com/health/gallery/0,,20834643,00.html#brighten-up-your-breakfast-0>
- <http://www.tasteofhome.com/recipes/oh-so-good-oatmeal>
- <http://www.delish.com/cooking/g999/oatmeal-recipes/>
- <http://fitfoodiefinds.com/2015/10/the-50-best-oatmeal-recipes-on-the-planet/>

- http://www.huffingtonpost.com/2013/12/04/oatmeal-recipes_n_1951148.html



Aroma and Essential oils

Best essential oils for sleep

There are several essential oils for sleep that can give you that added *something* to sleep better. Using essential oils for sleep, finding the right oil for you may take a bit of trial and error, however, once you discover what works for you, your sleep will greatly improve.

Essential oils can help you to relax, reduce stress, calm your mind and body, and even act as a mild sedative. Further, essential oils can help reduce muscular pain and tension, increase your time in the restorative sleep phase, and decrease the number of times you have to get up in the middle of the night.

When you are buying essential oils, avoid purchasing oils that say “fragrance oil” or “perfume oil.” These oils are likely synthetic, which will not give you your intended benefits. While fragrance oils have pleasant smells, they are not effective in a health-benefitting way. Instead, shop for oils that mention the phrases “pure essential oil” or “100% essential oil” to get the highest quality essential oils that will help in the ways you are expecting.

Refer to the following webpages to learn what experts are claiming are the best oils to help promote a better nights’ sleep.

- <http://www.theprairiehomestead.com/2014/03/essential-oils-sleep.html>
- <http://www.developgoodhabits.com/best-essential-oils-for-sleep/>
- <http://www.homeremediesblog.com/best-essential-oils-for-sleep-relaxation/>

In short, most of these lists have the following oils:

- [Lavender](#)
- [Cedarwood](#)
- [Ylang ylang](#)
- [Vetiver](#)
- [Roman Chamomile](#)

And these are what I personally believe are some of the best oils for sleep (I admit to not having tried all the oils out there, so my opinion is a little limited).

- [Lavender](#)
- [Peppermint](#)
- [Juniper Berry](#)
- [dōTERRA's Easy Air blend](#)
- [dōTERRA's Serenity Blend](#)



Best practices for essential oils

There are various ways to use essential oils. Some people use it for the smell, others use it to clean, and of course some apply it to their body or consume them for physical or emotional benefits.

If you are getting in to oils for the first time, always remember that you can take things slowly. Many people who sell oils (my wife and I do as well) can give you samples, or you can buy oils from them a bottle at a time; don't go overboard on something you're not convinced of yet.

To learn about how to use the oils, refer to the following guides:

- http://www.youngliving.com/en_US/discover/about
- <http://www.floracopeia.com/education/how-to-use-essential-oils-effectively/>
- <http://www.doterra.com/US/en/using-essential-oils>
- For cleaning:
<http://www.diynatural.com/cleaning-with-essential-oils/>
- For the aroma (smell):
<http://www.lovingessentialoils.com/blogs/diffuser-recipes/how-to-use-an-essential-oil-diffuser#>
- 11 different ways for using essential oils:
<http://www.wikihow.com/Use-Aromatherapy>



Best practices for aroma therapy

The National Association for Holistic Aromatherapy (NAHA) [defines](#) aromatherapy as "the therapeutic application or the medicinal use of aromatic substances (essential oils) for holistic healing."

A range of essential oils have been [found](#) to have various degrees of [antimicrobial](#) activity and are believed to have antiviral, nematocidal, antifungal, insecticidal, and [antioxidant](#) properties. Aromatherapy applications include massage, topical applications, and inhalation.

However, users should be aware that "natural" products are also chemicals, and they can be hazardous if used in the wrong way. It is important to follow the advice of a trained professional when using essential oils.

- <http://www.medicalnewstoday.com/articles/10884.php>
- <http://www.chopra.com/articles/how-to-use-aromatherapy-for-optimized-health-and-well-being#sm.0001etw5g9bgkfgxson1qf2iztv6l>
- <http://www.skillsyouneed.com/ps/aromatherapy.html>



How to use a diffuser

Diffusing essential oils is one of the most popular and effective ways to enjoy aromatherapy benefits. If you are new to diffusing and are wondering how to use an essential oil diffuser then the following articles can really help.

The most utilized type of diffuser for essential oils today is an ultrasonic diffuser. This type uses ultrasonic waves and water to disperse essential oils into the air. They are widely available in many sizes, shapes and price ranges. This is the type of diffuser we are focusing on today to teach you to use.

- <http://www.lovingessentialoils.com/blogs/diffuser-recipes/how-to-use-an-essential-oil-diffuser#>
- Video tutorial:
<http://www.youtube.com/watch?v=nzpoTzBpcLE>



Best diffuser practices

Diffusers are simple enough to use, but I'm sure many people wonder about how to best use them and how to maintain them. The following resources will go over some of the best practices to keep in mind as you use them in your lives.

- www.peacefuldumpling.com/7-tips-for-using-essential-oil-diffusers
- <http://www.doterra.com/US/en/blog/healthy-living-guide-to-taking-care-of-your-oil-diffusers>
- <http://www.myfrugalhome.com/how-i-use-diffusers-in-my-home/>



Best diffusers

I've kept the same diffusers for as long as I can remember, so it's hard for me to give any personal recommendations. I don't have the best diffuser, but it works for our purposes.

I'd say if I were to start it all again, I would purchase a diffuser that lasts a very long time, so that I can just set it and forget it (I just don't want to keep refilling the water and adding new oils ever 10 minutes---I'm lazy)

The following are some suggestions on what pros feel are the best diffusers of the day.

- [Smiley Daisy Aromatherapy Essential Oil Diffuser, 350ml](#)
- <http://www.yourbestdigs.com/reviews/best-essential-oil-diffuser/#all-day-all-night-diffuser>
- <http://wellnessappliances.com>
- <http://www.naturallivingideas.com/essential-oil-diffuser-reviews/>



Music

How to find good music for sleep and relaxation

It's not a surprise that lack of sleep is a plague afflicting many people throughout the world. In fact, for [50 to 70 million Americans](#), the sleep struggle is real with a third of Americans who get fewer than 7 hours per night. There is also a problem falling—and staying—asleep.

If this is what's preventing you from getting and staying asleep, then it may be helpful to consider music to help you do just that.

Here are a few sources on where to find music to help you sleep and relax.

- Simple Google search: <http://goo.gl/oAjcZ8>
- http://www.huffingtonpost.com/sonimacom/the-10-best-songs-to-help-you-fall-asleep-faster_b_9264298.html
- <http://open.spotify.com/album/oyB3m49PTZx8DtWADiOoy>
- <http://lifehacker.com/this-music-is-designed-to-help-you-relax-and-sleep-1563414318>
- <http://www.webmd.com/sleep-disorders/features/can-music-help-me-sleep#1>
- <http://itunes.apple.com/us/artist/sleep-music/306295073>
- <http://itunes.apple.com/us/artist/music-for-deep-sleep/268215131>



Brain FM

Whether you're trying to focus and get some work done, you need to chill out and relax, or you want something soothing to help you drift off to sleep, Brain.fm has tunes that can help you out. The compositions are completely original.

All of the music you'll hear at Brain.fm are original compositions, designed to stream for specific periods of time. Just choose whether you're trying to work, relax, or sleep, and then drill down a little, and the service will build a "brainwave" of music for you to listen to. Pop on your headphones or put in your earbuds, and enjoy. You can tweak the stream to play for 30 minutes, an hour, two hours, or indefinitely until you turn it off, or even skip a specific composition if you're not enjoying it, or it's not working for you.

Source:

<http://lifehacker.com/brain-fm-gives-you-streaming-music-to-focus-relax-or-1782183834>
<http://www.brain.fm/>



Best YouTube channels to find good music for sleep and relaxation

We've already discussed the amazing qualities of YouTube more than once in this guide, but I just thought it would be best to point out that you can find just as effective on the mega-site as

well---and they're all free, of course. The following are some channels that I think you might want to look in to for great original sounds.

- <http://www.youtube.com/user/relaxvideoschannel>
- www.youtube.com/channel/UCjzHeG1KWoonmf9d5KBvSiw
- <http://www.youtube.com/channel/UCwobzUc3z-0PrFpoRxNszXQ>
- <http://www.youtube.com/user/ToaRush1325>
- <http://www.youtube.com/user/MarK1Ira>



How White Noise can affect sleep

Anyone who sleeps with white noise is likely to tell you they [can't fall asleep](#) without it. And when you count up all the [apps](#) and [white noise machines](#) on the market, it may seem like you've stumbled upon the holy grail of sleeping.

While sleep experts agree that white noise apps or machines (or the original version—fans) are definitely soothing, the data to back up whether it truly helps us sleep is limited at best. But as always, if you're trying to optimize your life, why not try everything. Personally, it doesn't seem to work with me (I take that back, other music already works well enough for me), but that doesn't mean that it can't be a fit for you.

Source: <http://greatist.com/live/sleep-white-noise>

White noise on YouTube:

<http://www.youtube.com/user/RelaxingWhiteNoise>



What are Alpha Waves, and how can they affect sleep

Our brains are made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment (such as an EEG), measuring electricity levels over areas of the scalp. The combination of electrical activity of the brain is commonly called a Brainwave pattern, because of its cyclic, 'wave-like' nature. Our mind regulates its activities by means of electric waves which are registered in the brain, emitting tiny electrochemical impulses of varied frequencies, which can be registered by an electroencephalogram. There are four different types: Beta, Alpha, Theta, and Delta.

Musicians (can they actually be called that?) simulate Alpha waves, which have a frequency of around 7 to 13 pulses per second, in musical tracks in order to replicate a state of physical and mental relaxation.

There's a lot of science behind all of these, but basically keep in mind that Alpha wave "music" was designed to help us relax and/or sleep, so it may be worth to give it a shot.

Note: Personally I've tried them and felt that they have worked for me, but still prefer other forms of music for relaxation.

- <http://www.binauralbeatsfreak.com/brainwave-entrainment/alpha-brain-waves-everything-you-need-to-know>
- <http://www.doctorhugo.org/brainwaves/brainwaves.html>
- Alpha Waves on YouTube:
<http://www.youtube.com/watch?v=Mq3sqHBhzwc>



OTHER

How to have a perfect nap

Everyone is different, and so it's only natural that defining the "perfect nap" would vary from person to person. Despite that, there are still some things that can consistently improve your naps. The following sources are what experts have "determined through science" as the perfect nap.

- <http://lifehacker.com/5950732/the-science-of-the-perfect-nap>
- <http://motto.time.com/4247103/perfect-nap/>
- http://www.huffingtonpost.com/2014/08/11/best-nap-napping-tips_n_5648651.html
- <http://www.dumblittleman.com/perfect-nap/>

And some great infographics to summarize what the experts are preaching:

- http://i.kinja-img.com/gawker-media/image/upload/s--tHV S1407--/c_fill,fl_progressive,g_center,h_358,q_80,w_636/18z4m4xo9y1zdjpg.jpg
- <http://quinncreative.files.wordpress.com/2014/10/nap.png>
- http://thumbnails.visually.netdna-cdn.com/how-to-take-the-perfect-nap_52261da483ffd.jpg
- <http://s3-eu-west-1.amazonaws.com/evokeuploads/2015/11/nap1.jpg>



My perfect power nap

In my quest to optimize my naps I tried a variety of things, of course while keeping in mind the scientific principles in the sources above. What I came up with works for me, so I don't have any reservations with sharing with you. It may work for you, it may not, but I do know it give me an awesome boost---so, I do hope it will work for you, if you try it out. Anyways---

It may seem like the preparation is too much, but I got used to it pretty quickly. Here's what you'll need:

- A place to rest (bed, cushions, yoga mat, etc.)
- Your [best pillow](#) for sleeping
- An [ice pillow](#) (put it in the freezer, and pulls it out when you're ready to use it.
 - A cover for your ice pillow, if needed; so you don't get freezer burn
- [Heatable eye mask](#) (I will assume you know how to use one without hurting yourself)
- Timer
- Dark room (optional, and by circumstance)
- A blanket (optional)
- Essential oils (optional)
- Music (optional---but probably really easy to incorporate into your nap)

The biggest hurdle is gathering all these things (hopefully you've gathered them beforehand). Once you have everything on hand in your power nap haven, it's time to do the following steps (I've

included the optional items so you can get a full look at how it all works):

- Turn on your relaxing music (that you've prepared beforehand)
- Heat up your eye mask and bring it to your napping area
- Darken the room
- Put the pillow (and cover) on your pillow, in the area where your neck would rest
- Use your essential oils (via diffuser or topically)
- Set up your timer to 25 minutes (20 minutes for the actual nap and 5 minutes to do the next few steps and actually fall asleep)
- Lie down with your neck on top of the ice pillow
- Place the eye mask gently on top of your eyes
- Snuggle in your blanket
- And drift off into a amazing power nap

For me, all of this is bliss. It's hard to pull this off anywhere else other than your home, but if you're bold and adventurous enough, I'm sure you can get something similar to this to work in a workplace setting.

Try it out and let me know how it goes!



Cool technology

Occasionally, I browse the new upcoming technologies being funded by crowd-funding and find some really neat things that could bring a little more optimization into our sleep, naps, and mornings.

I don't endorse or receive anything from any of these companies or products, but simply feel that they could give you the boost you're looking for. Purchase at your own risk!

- www.indiegogo.com/projects/mooring-reboots-your-sleep-cycle-technology#/
- www.indiegogo.com/projects/kryo-sleep-performance-system#/
- www.indiegogo.com/projects/eight-sleep-tracker-smart-bed-cover-technology#/
- www.indiegogo.com/projects/kello-the-sleep-revolution-device-for-better-days-streaming#/
- www.indiegogo.com/projects/viesmart-pillow-alpha-wave-1-ullaby-sleep-tracker#/
- www.indiegogo.com/projects/zencube-the-coolest-healthiest-smart-lamp--2#/
- www.indiegogo.com/projects/reflexpillow-changing-the-way-you-sleep-forever-health#/
- www.indiegogo.com/projects/dreampad-pillow-reduce-stress-improve-sleep-music--2#/
- www.kickstarter.com/projects/zottosleep/zotto-sleep-your-best-sleep-ever-guaranteed?ref=nav_search



YouTube

In the book, I made a fool-hearty promise to share with you all my favorite YouTube teachers on YouTube. I realize that my interests and hobbies could be totally different from your own, but nonetheless I want to share them with you. Hopefully you can benefit from these channels as much as I have and do.

In no particular order:

- Brendon Burchard (Personal Success)
<https://www.youtube.com/channel/UCySH3WVP-5d4aJfn8-WoPA>
- Buff Dudes (weightlifting)
<https://www.youtube.com/channel/UCKfoUqBiCQI4OloTo9VopKQ>
- Chris Ducker (outsourcing)
<https://www.youtube.com/channel/UCWTrjbekfqoVhHQoZXy-mQ>
- Dr. John Bergman (health and medicine)
<https://www.youtube.com/channel/UC8RPuonNxq2lMb8zMvo7Xxw>
- EGT Basketball (basketball)
https://www.youtube.com/channel/UC_sCpt3hgixbhBjIk3WkbbA
- Fight Mediocrity (motivation videos)
<https://www.youtube.com/channel/UCXLesGEfmyhxqOjoAqhRwhA>
- Gary Vaynerchuck (entrepreneurship)
<https://www.youtube.com/channel/UCctXZhXmG-kf3tlIXgVZUlw>
- I Love Basketball TV (basketball)
<https://www.youtube.com/channel/UCgP1mu1UXba9r2owhCHo--g>
- Jerry Banfield (entrepreneurship)
<https://www.youtube.com/channel/UCtJpm41R6jC3HuboTIkn7ew>
- Motivation Grid (motivation videos)
<https://www.youtube.com/channel/UCB7BryuXaMe1pUMznYAq4Jg>

- Pigmie (gymnastics)
<https://www.youtube.com/channel/UCTBjtACFlDmd-g6GtvagbiQ>
- The Professor (street basketball)
<https://www.youtube.com/channel/UC5zJwsFtEs9WYe3A76p7xIA>
- Rich Ferguson (magic tricks)
<https://www.youtube.com/channel/UCP9ma95lbHYbjzPKTfiNgRQ>
- TED (speeches on all sorts of things)
<https://www.youtube.com/user/TEDtalksDirector>
- Nihongo Mori (learn Japanese)
<https://www.youtube.com/user/freejapaneselessons3>
- Patt Flynn (passive income)
<https://www.youtube.com/user/SmartPassiveIncome>
- DSLR Video Shooters (camera stuff)
<https://www.youtube.com/channel/UCMmAoXxraDP7ZVbv4eY3Omg>

And much, much more...I know you probably explore YouTube enough as it is, but I just want to stress that it is one of the best places to learn; don't ever forget that!



FINAL WORDS

Did you enjoy this resource?

I really hope that something within these 60+ pages will help you make your life *just a little better* than yesterday.

Remember that you don't need to change overnight. Just take things slowly and work on yourself day by day, morning by morning. I know that if you just keep improving yourself, even by small amounts, daily, that you'll look back and say, *I can't believe that used to be me.*

For even more ideas on self-improvement, sign up for our weekly newsletter at

<http://www.markbacera.com/latterdaymorning/newsletter>

Lastly, if for some reason you didn't pick up a copy of the Latter-day Morning, you can purchase it on Amazon at

<https://www.amazon.com/dp/B017UQSQVG/> .

To help spread the message and help others learn about the miracle of latter-day mornings please leave a customer review [here](#). As always comments and questions are always welcome.

Good luck and God bless!

If you want to stand out, don't sleep in.