

Scot McKay 0:02

Hey, I got Josh Downes on the line with me. He's a new friend of the mountain top podcast and he's also the founder of a company that makes the coolest products I've seen in ages so when they contacted me about supporting the show, I was all over it like white on rice or probably more accurately all over it like anodized jet fuel on a 21st century multi tool because that's what keyport does. Josh man, how's it going over there and Washington pretty good. How are you doing? Man I'm doing good. I'm holding not one but two of your products in my hand right now. One is called the anywhere tool, which will replace my Swiss Army knife was something that is TSA friendly even though I can cut boxes with it. And it's even got a light that will light up this whole room off of something the size of a pocket knife man this is like a 21st century multi tool replacement and then I've got the cool gadget next to it complete with digitize camera on the face. plate that holds my keys has a ballpoint pen in it can perform all kinds of household duties and even will come with a garage door opener if I'm really nice to you guys. And this all is so cool because I'm the hugest geek for gadgets that are techie but not necessarily electronic. And what gave you guys the idea to start this company keyboard started when I was riding my motorcycle every day and I was constantly fumbling with my keys and I take one off and stick the rest of my keys in my pocket so that they didn't scratch my handlebars on the bike and so I came up with the idea for the first key port I called it the fly and from there it evolved into all kinds of EDC tools and gadgets that can clip on and you can create a key chain slash multi tool to fit your personal style yeah man and you can put like a wood face plate on it or carbon fiber as a sport by Guy myself. I can completely relate to the scratched up Triple clamp which you always want to avoid and then you know your key stabbing you in the leg when you're cornering brutal. Yeah, man. So this is a much less savage way to do your everyday carry thing and it's really masculine. And I tell you what, you guys have pretty much taken over the world with this stuff. It's catching on like wildfire. You've been at it for a while. But men are really starting to pick up on just how cool these everyday carry devices are from keyport. So what I want to do is I want to send you guys over to mountain top podcast.com front slash keyport KEYP o RT, so you guys can get a load of these things yourself. Wait till you see you're gonna flip. And you've also given them a coupon Mountain 10 takes 10% off right, Josh? Yeah, that's right. Everything in the store. 10% off. Yeah, man. So, new friend of the show. I couldn't be more stoked to have you guys supporting us. Thanks for joining us, man. No problem. Thanks for having me. Yeah. And now guys enjoy the show. We got a barn burner for you today.

Edroy Odem 3:02

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host, Scott McKay

Scot McKay 3:15

Alright Alright, here we are again for another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter. Real Scot McKay on Instagram Scot McKay on YouTube, you can find us on the web at Mountain Top podcast.com. And as always, I invite you to join us at the mountain top summit Facebook group, where you will be joined by a whole group of like minded men who are committed to being better men, getting better women in their lives and basically having better adventures. With me today is a new friend of mine. She's super cool, you guys are gonna love her. This is yet another topic that we've never covered in the entire history of this show. Yet as soon as I found out what my guest my Molly McLaughlin does for a living. I instinctively knew it was an absolute moral imperative to have her on this show. Because see you guys aren't getting any sleep. You're burning your cycles you're making yourself unhealthy you're probably going to die young if you don't get this taken care of. So what more important a topic could there possibly be than sleep? and Molly McLaughlin is asleep optimization expert. She splits her time between New York City and lost wages Nevada and she's here with us today. Welcome Molly.

Mollie McGlocklin 4:36

Thank you so much for the awesome introduction. And thank you for having me. I really appreciate it.

Scot McKay 4:40

Yeah, you know what, you're already a lot of fun we've established you and I talked at length before we got started almost ran out of time before we hit play. And I have to tell you, you know your stuff. You're all about helping people optimize their sleep and I just love the juxtaposition of The word sleep and optimization. What brought you to the realization that those two words were so important to put together like that?

Mollie McGlocklin 5:10

Well, do you have time? Do you have a second? Cuz

Scot McKay 5:12

I'm kind of say, I'm barely trying to stay awake here. You put me to sleep?

Unknown Speaker 5:18

No, I have that effect on people. Oh my gosh.

Scot McKay 5:22

If you listen to those podcasts that are designed to put you to sleep, they have huge following.

Mollie McGlocklin 5:26

Yes, they do. But there's literally some that they read you manuals, you know. So it's like a refrigerator manual to put you to sleep. I mean, this is really where we're at right now in our society. So you know, you're not alone. If any of you out there having sleep troubles, you are not on your own. And yes, to answer your question, this really was born out of kind of scratching my own itch, honestly, because I, for many, many years would you could put me in the category of someone that was doing all the things Not to do in the world of sleep,

Scot McKay 6:02

like go to bed itchy.

Mollie McGlocklin 6:06

Maybe one of those Yeah, I'm sure somewhere along the lines because, you know, the way my sleep looked was, I was, you know, going to bed as the sun was rising, you know, eating the bulk of my food right before bed. You know, just really not prioritizing my sleep in a way that Now, what this company has created and what there is really this understanding and reverence and respect for sleep in a whole other way. But it came from honestly me hitting pretty much rock bottom and in my life and going through a bout of insomnia for about three months or so was when it was really bad. And with that, you know, it really showed me that all right, how I managing things is just not working. And what ended up happening was I went to the doctors around it and they gave me Ambien. They Gave me you know, a drug to sleep. And it was a real wake up call. Yeah, it was like our

Scot McKay 7:05

wake up call. I know, I know. What an ironic way to put it.

Mollie McGlocklin 7:11

I'm literally clapping over here. Ya know, there's, there's more puns just get ready. But we're used to it. You know, so yeah, I can laugh about it now, but at the time, it felt like such a time in my life. And of course, you know, I'd imagine for most of you, if you've dealt with, you know, sleep disturbances, they can come for a myriad of reasons. But often, if they're chronic and sustained, you know, something else is lurking, and there's something you know, it's not in a vacuum, it doesn't just happen and you have everything else handled. And I certainly didn't, and I was, you know, burning the candle at both ends with, you know, as an entrepreneur and, you know, just finally reached kind of this tipping point and my body couldn't really sustain it and how it manifested was then not sleeping. So as a obsessive personality. You know, while that was one thing, that's probably keeping me up at night with the hyper aroused states, which a lot of people deal with, with sleep and inability to fall asleep despite being really exhausted, that actually ended up being part of my saving grace to restore my sleep because I obsessively went down the rabbit hole on this topic. I really became fascinated with this whole world of chronobiology and circadian rhythm optimization, and that's where that, you know, optimization word began to echo, you know, for me, and it really became so imperative or so important for me, because I was very concerned about going down a path where I was going to have to be reliant on anything to do something so natural. I mean, shouldn't sleep be, you know, just a given and yet it certainly wasn't for me at the time. So what ended up coming about was just this whole kind of remapping or rewiring or transformation around my, my days to support my nights and really, I had to get response For how I was managing things in my life, and make a lot of shifts and and also discover all these other unexpected ways for me that would impact my sleep. And then by bringing tech, you know, like technology into it and beginning to track my sleep and in new and different ways, it opened up entirely new doors of what was possible if I were to actually get this handled. And now on the other side of it to know myself as someone that can wake up consistently, you know, with having energy that just is like clear, and I know where I know how I got there. I know the tools to put in if I have jetlag, or something, I know how to bring that back into alignment. These were things that I just had no clue about. And so that passion, you know, started working with other people just because of I would feel so empathetic when they weren't sleeping. So we're just talking with other people sharing information and then it grew from there. And so now as the company is called sleep is a skill I'm really making the argument that our, in our modern day society, sleep has now become a skill set. Which, if you were to go back into hunter gatherer days and try to make the argument that would sound ridiculous. And, you know, it was kind of just a given that, you know, sleep would come. And yet since the days of Edison now we've been able to extend our days and artificially extend our days, because in the past, you know, the sun would set and that was kind of the end of our party was over, and largely would go to sleep after that. So now we're dealing with a whole new set of considerations. And of course, with tech and phones and laptops. And all the optionality we have, suddenly there's an entirely new way to relate to sleep that often hasn't been explored, and it's time now.

Scot McKay 10:49

Well, you certainly don't sound sleepy, you're wide awake. You got all the energy in the world, and you're clearly excited about this and geeky about Yeah.

Mollie McGlocklin 10:59

Yes, very geeky,

Scot McKay 11:00

and you know why it's so cool to see is because that's how I started doing what I do. Also, I had such a massive sea change in my life surrounding my dating life and relationships that came from that with women that I decided it was time to change the world for other people as well. And I think it's incredibly cool that you have built a passion around sleep because of how you are affected by this and going back to the beginning of your answer. You know, you mentioned being a driven type a person who just doesn't see the need to slow down and sleep I'm reminded of a robin williams joke. Death is God's way of saying slow down. It's like you don't want to die here on this sale. You know, you gotta relax. You gotta smell the roses. You gotta kind of you know, get some rest, right. The second thing you mentioned was going to bed at daylight and you know, presumably waking up at the crack of lunch, you know, people start calling you and saying why the hell are you still asleep. It's like you don't understand. I've only had a three hour nap. I'm not being lazy here, you know, and people who do shift work it happens for them too. And you know, you also mentioned eating before you go to bed I mean if you're going to complete that Mount Rushmore of the four huge iconic etched in stone factors that keep people from getting good sleep, let's just get wasted, you know, guzzle a bunch of alcohol on top of that and people wonder why Oh god, I can't get any sleep I drink you know, a fifth of scotch and a bottle of red wine before I go to sleep and man you know, you pass out but it just wrecks your sleeps alcohol is another one. Man all these guys all these smart guys who are listening high IQ men who are driven are building their careers younger guys, middle aged guys, older guys, even retired guys. We can talk a little bit about why older people tend to sleep less to one I think that'd be a great conversation. But if we just don't see them importance of it and yet, every metric you look at says, Look, you're going to lose weight more easily. You're going to be more focused, you're going to have better energy, you're gonna have a higher quality of life if you just get some freakin sleep dude. And yet, we just didn't prioritize it. We think, you know what, they're kind of kidding. I can get paying my sleep. It's not going to catch up with me for years and years and years. But that's just the math, isn't it? It's

Mollie McGlocklin 13:27

killing us. It really is. And I'm really calling it almost like the sleep Renaissance. Like it feels as if and even just, you know, statistically the amount of you know, Google searches that are coming in for sleep remedy sleep deprivation rates, you know, as far as some self generated polls, they are really alarming at where we're at. And what's predicted is where we're going. As you know, in the realm of sleep tech, it's alarming numbers that people are forecasting around this industry. So it's a big area and you're

making some amazing really important points that despite the clear benefits to something like this, there's such a missing between the steps and action taken for so many of us and I get it, you know, for so many years I was that person. And was also convinced that it was something that I could rally through, or make up for later and later, you know, on the weekend or what have you, and really not also understanding the impact and the difference that would come when I would try to kind of steal hours of sleep at later points, and not getting the ramifications of that one. Also my health and well being like you're pointing to which is, I think part of why we're hearing so much more about it with more recent link ups with some neurological disorders. So as far as an Alzheimer's, Parkinson's and dementia have now really been closely linked with sleep deprivation and some really interesting studies so it's getting, you know, kind of some more press. And when we start to make those connections suddenly there's a bit more intrigue but often the missing steps of how to get there.

Scot McKay 15:15

Yeah, I know when people are saying to themselves, man I can't remember deadly nowadays My memory is shot. I must be getting early onset Alzheimer's. First question to ask is how much sleep Have you been getting lately? Yes.

Mollie McGlocklin 15:31

I love that. Couple

Scot McKay 15:32

other things you talked about I want to get your objective ideas on. The first thing you mentioned was this idea of artificial lights. Edison invented the light bulb of course we've got neon lights and our entire world is electronically generated now we can have daylight 24 seven. I mean, you live in Vegas part time. The strip is basically daylight all the time. I mean, you know, you could see it from the lane and yet we're designed to sleep at night. We are not nocturnal beings. So this idea of people sleeping at night, there are studies that show definitively scientifically objectively that you're not sleeping as well if you're sleeping while the sun shining, right, correct.

Mollie McGlocklin 16:19

Yeah, it's listed as a possible carcinogenic for, you know, people that are engaging and shiftwork. So when we look at these possible health ramifications, it's a really serious topic. And if you pan out and look at it from chronobiology perspective, which is nothing more than the science of time, then we understand that suddenly the timing becomes so much more important than we might have given it

credit. So for me for so long, I'd be like, well, what's the difference if I've, whatever if I'm eating at certain time, if I'm working out at a certain time, if I'm, you know, turn the thermostat up or down at a certain time. If I you know getting sunlight darkness I didn't know of a correlation between any of those things I thought okay if I'm just doing the things are supposed to be healthy for me or you know what have you it doesn't really matter where they go in my day and it turns out that it does matter. So it's a really interesting area and I I've found it completely fascinating because it can almost automate how you manage your days and how and a sense of urgency almost going back to like the Amish as an example or something of you know, you have a certain amount of daylight and you need to really be mindful of how you're spending your time it brings into you know, time management and understanding. Okay, there's this is a scarce resource because we've kind of been fooling ourselves that we have more opportunity to be active to do all the things that we need to get done, because we've kind of been taking those that time in the in the later hours past sunset and a lot of really interesting research. points to that. There's cause and effect or there's an impact if we're if we're doing that, and I'm sleep quality sleep stages, how rested and rejuvenated we feel. And you know, the ability of that sleep time duration that we're often looking for all those things can get impacted.

Scot McKay 18:16

Yeah, one of the things you just mentioned that I think is really interesting is this idea of people having 24 hours in the day and we have to so we're told get eight hours of sleep in order to be healthy. Some people will I can get by on five or six. Some people make it seven, but it's generally scientifically accepted that eight hours is the right amount. Here's a question I've always wanted to ask a sleep expert. Are there certain people for whom eight hours drives them for more than 24 hours like in other words, if I got eight hours of sleep, I could stay up the next 28 hours before I need eight hours more sleep, or there's some people for whom a 24 hour day visa v hours of sleep just doesn't work as well.

Mollie McGlocklin 19:02

Yeah, so really good question. So number one, when we talk about that there is an ideal sleep amount, that can get a little tricky, because to your point earlier, you know, for instance, as we get older, often melatonin production can be impacted hormonal changes, and we find that people actually make do on less sleep. So we can be going down into the, you know, seven hour range, the six hour range. And then presumably, and there's there's different schools of thought on this, but that they can function quite well on that. So that's another topic but So to answer your question, then with that, we're all operating within this 24 hour rhythm largely as humans, it was a little more than 24 hours on the circadian rhythm. That's that's all the circadian rhythm really means for us is 24 hours. So to your point, if we're getting the quality of sleep because you might get eight hours, but if we looked at the Sleep stages that you're dealing with, then if they're largely light sleep, sporadic REM sleep little amounts of deep sleep, then you certainly won't feel the same way then you would if you had another night of eight hours, that was really rich in that slow wave sleep, moving over to REM with an element of light.

Scot McKay 20:19

Now, you mentioned that when you went to a doctor the doctor prescribed. Go ahead, surprise, surprise, right?

Mollie McGlocklin 20:26

Yes, a drug

Scot McKay 20:29

culture, you know? Yes. So I don't know about you. But I've seen commercials for something they've identified called non 24 disorder that apparently black folks suffer from where because they don't have the daylight nighttime circadian rhythm down the same way. sighted people do that. Sometimes they have a hard time sleeping, eight hours out of 24. Is that a real thing? Or is that just another excuse to give people medication?

Mollie McGlocklin 20:57

That's a very good question. So that Actually has gotten a lot of press because it is a very small percentage of people. I will call that out. But that

Scot McKay 21:08

I actually haven't seen the commercials in a while, by the way.

Mollie McGlocklin 21:11

Yeah, okay. Yeah, yeah. Because and also people do get concerned because they think that they're because we're starting to see people have delayed onset sleep. So their, their sleep is coming much later and later and later. And there's the argument that based on how we're living is actually skewing us as a society later. So it has to do with a light exposure, the types of light since around the 80s, there was began to be this push to get more LEDs which have more blue light versus the incandescence that we used to have it might have had incandescence with a more red spectrum in it. And with these slow progressive changes, of course, smartphones and all of that things have really shifted to later. So people get concerned and they think, Oh my god, maybe that's me. And yet, what we do find is that it's a very

small percentage of the population. Also what you're speaking to around blind people, there's difference in melatonin production when it comes to blind people. So there are a whole other bucket. And they're they're very interesting often they have much more melatonin than sighted people. So they got their own things that they're dealing with. So a lot of that non, you know, 24 hour kind of that sleep wake disorders, those end up going and they bring in very intensive and strict light therapies, dark therapies, and often the drugs. Yeah.

Scot McKay 22:30

Now, you mentioned ambient conditions. Also, I'll tell you what, ever since I went to college, on the main Broad Street line in Philadelphia, the subway, I have not been able to sleep in a quiet room since I've got to have noise in my sleep. The other thing that you brought up was temperature. Sure. And I saw a piece recently that talked about how most people like to sleep in a cold room and sleep better when they can put the covers and kind of snuggle in. What about that stuff?

Mollie McGlocklin 22:59

Okay, great. Question. So number one, everything that we pulled that we speak to at sleep is a skill is largely around this idea of circadian rhythm entrainment. So entrainment is looking at these external factors that you're pointing to, and how they can act as time givers to our body to let us know what time it actually is because surprisingly, the body is always, you know, really trying to understand and stay on time that's linked up to a spot in our brain called the super charismatic new up list, which just a fancy phrasing for it's like our master clock, and all of those things. So whether it's sound, whether it's light, whether it's temperature, whether it's timing of our meals, whether it's exercise and exertion, timing, whether it's even thought timing, there's certain times for you know, certain types of thoughts. All of these things can act as external cues to our body to let us know All right, this is morning. Okay, this is night and that really has a huge impact. act on our inner working because it's like a choreographer that's keeping deliver on time the stomach on time, what have you. So what you're pointing to I love what you said about the ambient noise, because that can almost become Pavlovian for people because then suddenly we link up those types of sounds as this equals bedtime. And it's the same way we might sleep train a baby, the same thing, the same principle applies to us. So it's getting really clear on what we're bringing into our sleep environment. And also during the days how that will support our nights, it becomes really crucial.

Scot McKay 24:34

And another thing we alluded to earlier was how older folks seem to need less sleep. I mean, my grandparents were like up all night. And anytime you watch late night TV, you know, let's say you're, you're unable to get some sleep, you know, you're Insomniac. And you start turn on the TV. Every single

commercial is designed for older people. Yeah, the only ones up or unemployed people too, I guess because they're the ones are going to be up magazine have to work in the morning or whatever. But is there something to this biologically where as we get more mature, we don't need any sleep or don't need as much sleep?

Mollie McGlocklin 25:09

So yes, certain theories are that historically, they would call them elders, then these elders would be responsible for it. But since they couldn't necessarily help the tribe, you know, fight off any sort of intruders or something unsafe. The idea is that then they would be able to listen for any sort of intruders, so they would be the ones sleeping lightly to kind of sound the alarms. This is one possible theory kind of anthropological Look at this. But another theory is that part of how we've been managing our sleep, nowadays that many people have been in the workforce for many, many years, and then they retire and then once they retire, then they experience then they have, you know, suddenly the whole day to sleep when they won, you know, take naps, and things can get skewed. When that actually happens, so oftentimes then that can splinter some of our sleep time duration in the evening when we have inconsistent bedtime weak times long, luxurious naps during the day these sort of things that then suddenly they come out in our overall sleep quantity and quality.

Scot McKay 26:23

Are you a proponent of power napping?

Mollie McGlocklin 26:25

I do like power napping when done when done responsibly. So yeah, depending on the on the timing of so you want to try to aim to have those usually in the early afternoon. You can do the like the Tim Ferriss calf nap. Some people will talk about and but you'd want to really time that very early if possible, because caffeine is a powerful one for sleep. But so some people will pair those things. You'll take caffeine, and then you'll nap and then with the time that it gets throughout your body, then you wake up like supercharged and but you really want to make sure that That it's only within, you know, Max like 20 minutes segments, or there's some other times when you might be dealing with jet lag and there's certain sickness or what have you.

Scot McKay 27:10

Well, let's talk about jet lag. Also, because you mentioned that the for jet lag is often misconstrued by people to me that they're sleepy after a long journey, but the actual term jet lag applies to a traveler

changing time zones and their system being shocked by that. That's the true meaning of jet lag. Correct? Correct.

Mollie McGlocklin 27:32

Yeah, so

Scot McKay 27:34

I'm well acquainted with it by the way.

Mollie McGlocklin 27:36

I'm sure you are. Yeah, I loved our conversation earlier and getting to learn how well versed you are and your travels. It's incredible. And so you've, you've dealt with this right? And so when we experienced this, it can be very off putting, especially for people that haven't gone through this end. There are a number of things that we can do to make a difference in that area. Just to give you a couple practical things, I The app called time shifter, I don't know if you've tried that guy out. But it's great to basically you just put in your flight, and particularly for some of these long flights, which I'm sure you obviously have been well versed on, you know, when we're getting into like the 27 hour, 30 hour type flights, this can be crucial. And what it's pointing to is how to shift time as much as we possibly can to help guide our bodies into a really jarring experience of a totally different mismatch in time, often the exact opposite for many of us that are frequent travelers. So that can really help and what plays into that is you want to be super mindful of of your light exposure and when but you likely will need guidance unless you're into math and shifting for different periods because there's a lot that goes into this to help guide your body. So being mindful the light timing, being mindful the dark timing also often for going that those times when the airlines will bring out the food because Often that's aligned with someone else's time zone and not yours that you're looking to shift to. For some of these longer flights,

Scot McKay 29:07

yeah, sometimes people feel like they have to get every bit of value out of the flight. You know, like, in other words that they're bringing out food. I want to make sure I don't miss my meal or whatever, you know, you'll survive. It's probably better to get there more refreshed. Several things I can think of. First of all, if you're going from Texas to New York, you're not jet lagged. Stop it just. Okay, that's amateur jet lag. Yeah, kind of like when we do daylight savings time, and they're giving parental warnings. Oh, make sure your children are adjusted. So I get 60 minutes you guys really? I mean, if you're perpetrating like you've got your kids down to that much of a science, I mean, you know, you're just you're posing, but

here are my quick and dirty tips for avoiding jet lag or managing jet lag. First of all, when we're on really long flights where the difference is going to be like 12 hours like between Texas and East Asia we try to get flights that land us there. So we get at the hotel around normal bedtime, like nine o'clock at night and then you know like most people I'm crap for sleeping on flights anyway so I'm exhausted by the time I get there and then you fall asleep and you don't schedule something for early the next morning so that you're actually surprise surprise on schedule when you wake up. Yeah, the thing is, if you do get there like seven in the morning, you know, kind of like European flights or Australian flights from California famous for this they take off at midnight and then you get there 7am Two days later, you're going to be all excited to go explore tap your brakes, take a two or three hour nap. Okay, not any longer than that. Don't sleep the whole night force yourself to wake up after two or three hours just so you're not cranky and wishing you were dead when you're supposed to be enjoying this new cool place you're going to and then you know with Stan that day till the normal sleep time that night and you'll be all right. You know the older you are The referred gets also don't drink a whole lot on the plane that'll kill you. And here's something that a lot of people don't realize. The aircraft type nowadays matters if you're on an old school 747 400, or even one of the early 770 sevens like a 777 200. Those planes are much worse about jet lag than the new technology airplanes like you're a 350 or your 787 class. So if you can take a quick check among your flight options, and see which flights are being served by those newer aircraft, you're probably going to get there a little bit more refresh because it has to do with the oxygen levels and everything and the newer technology is so much better for that.

Mollie McGlocklin 31:44

That's such a good call. Yeah, the radiation levels that we're dealing with on those different aircrafts can really, it can really mess with you. So I love that you're calling that out. That's huge.

Scot McKay 31:54

Now if any of these guys are having a hard time sleeping, what are your quick tips that They can objectively put into practice right now to help maybe get the sleep a little bit more easily and maybe even have better sleep.

Mollie McGlocklin 32:09

Okay, so number one, if you were to go to a sleep specialist, one of the first things they would suggest is to keep a sleep diary. And you can make that as analog or as you know, you can get into it as much as you want. So you can either just keep a sleep diary, write it out, or you can also get some sleep tech that can help automate that for you. So we want to be clear on the numbers of how much sleep you're getting. And then if we've made the distinction that it's clear that things are off, consistency is king in the world of sleep, so you want to start dialing in to get a clear seven day a week, bedtime wake time

and of course, you know, you can have a little bit of wiggle room within those, but it literally can become one of the most freeing things because then you'll get to get tired a particular the same time and wake at the same time each day. So with that, one of the ones it's just so basic but so important is morning sunlight. So we call that sun anchoring. And sun anchoring or light anchoring is so crucial because that x is light is one of the key drivers of your circadian rhythm, kind of priming. And what that will do is tell your body that it's time to wake up. So if you remember nothing from this podcast, just remember to practice this around 20 minutes of light outside each morning, that can make a huge difference, because that cues up your body to stop producing melatonin to suppress that and to shift over into cortisol as you are, you know, normalizing your hormones because many of us are dealing with those mismatches. And that will actually queue as a countdown until later in the evening, and then help you actually produce more melatonin so it can be very confusing white light in the morning would actually produce more melatonin at night, but there's a correlation and connection. So do those three things. The last One is getting connected to putting the most active things of your day with in sunlight and that includes trying to eat with the even in sunrise and sunset. And then as little as possible of these, you know, engaging warm warming to the body activities, having those after sunset. So after sunset is really about cooling the body, less activity calming practices. So starting there is a great foundation and then you can get more into the weeds down the road with light therapy and heat therapy, cold therapy. There's a lot it's really a fun area.

Scot McKay 34:35

Yeah, the whole conversations fascinating and we could go on and on but unfortunately we're out of time. So what I want to do is point these guys to your website, and it's called sleep as a skill. And you can get there by going to [www dot mountaintop podcast com front slash Molly mo LI IE](http://www.mountaintoppodcast.com/front/slash/MollymoLIE) and you know, I'll make mo LI Why go there too, just in case some people are spelling challenged. Ah, there you go. Nice. And when You guys get there you'll not only find lots of information on how to get better sleep, but you'll be able to take a look at Molly's sleep is a skill program on helping you optimize your sleep. You can also take a free sleep assessment and get direct feedback from her and she's also starting a podcast real soon. So if you're listening to this particular episode a few weeks after it was released, go ahead and check out Molly McLaughlin's podcasts on iTunes as well. Molly, what a great conversation this is such a fascinating topic and I'm sure these guys got a lot out of it. Thank you.

Mollie McGlocklin 35:32

Oh, thank you. This has been a pleasure I really appreciate it.

Scot McKay 35:35

Yeah, and guys, if you have not gone to WWW dot mountaintop podcast com, go there and find out more about our guests download their books from the Amazon influencer page. You can also get a free report on how to handle breakups and another on how to handle virtually any sticking point you can imagine when it comes to dating and relating to women. And as always, you can click the red button in the upper right hand corner. Talk to me for free for 25 minutes together we'll put a plan of action in place that gets you in front of more women, increases your social life and ultimately helps you find and live the dream with the woman you have been dreaming of. It's all there for you at mountain top podcast calm and until I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio Texas. Be good out there.

Edroy Odem 36:31

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