



roadmap<sup>+</sup>

magazine

Issue 10

sleep

# roadmap<sup>+</sup>

## MAGAZINE

Productivity and lifestyle guide



## SUITE

Apps coming soon



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# LETTER FROM THE TEAM

This issue has been a long time coming. As a team of three heavily focused on developing our first apps in-house, we originally put the PDF on hold in the last quarter of 2017 with the intention of shelving it permanently.

We looked at our stats and found a fraction of PDF readers hit the downloads page and didn't return for a while or return so much later we can't be sure when they did. With the web articles, social media, ongoing design and development of native apps across multiple devices and freelancing/full-time work/studying, creating all original content for the PDF can be exhausting. Surprisingly, we also struggled immensely with gathering Essentials, which is why we've now scrapped it altogether.

On the other hand, we've received a lot of mail asking where issue 10 is and we still believe a PDF would better serve readers who need more flexibility when it comes to when, how and where they read. So what's different then?

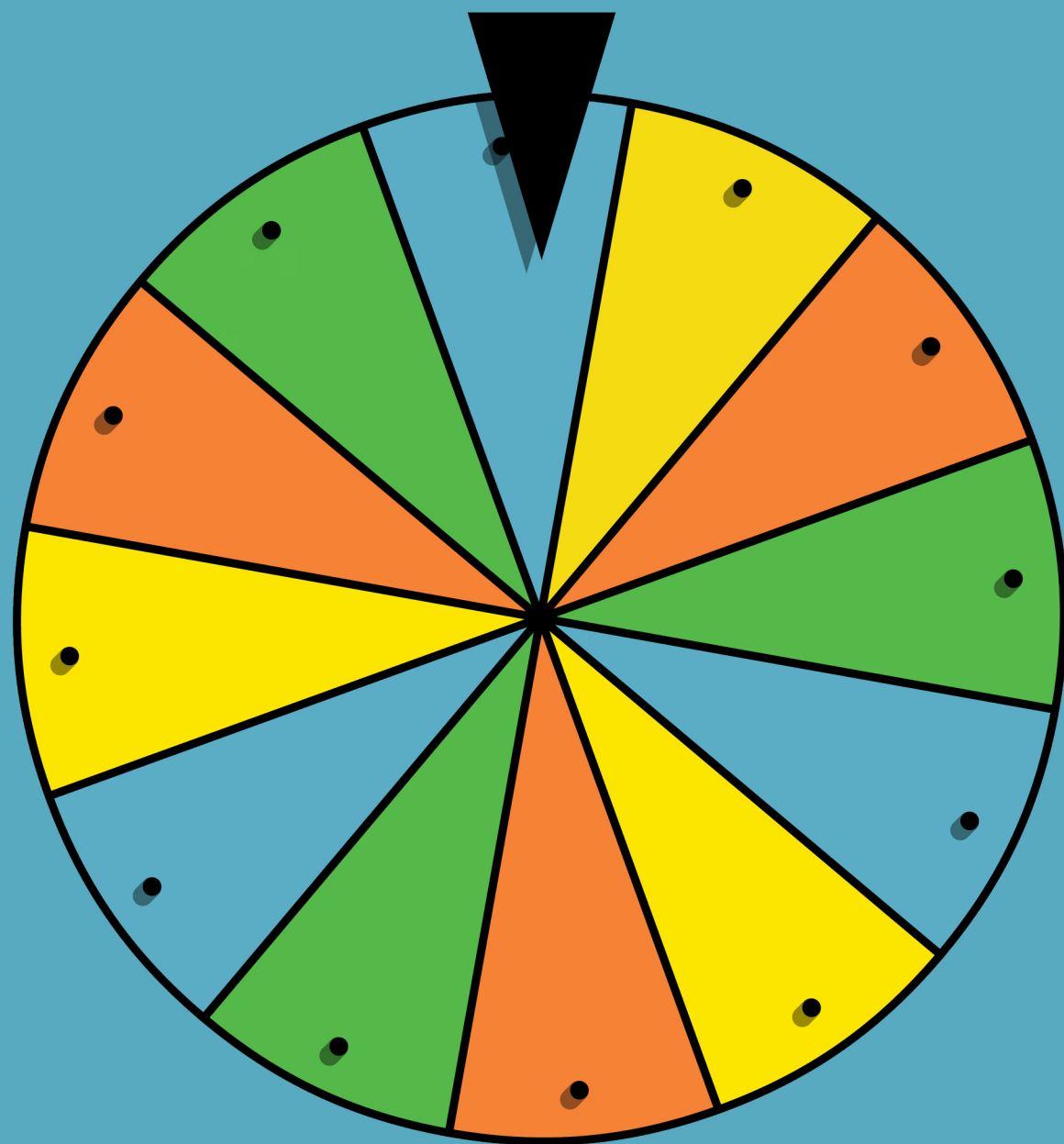
Over the coming issues and beginning with this one, we'll be merging fresh, theme-

based articles made for the PDF with the best from our website. We'll also update the web articles where necessary, introduce new categories, gradually re-style the PDF so that it's cleaner, easier and faster to read, but always productively helpful.

For this issue, we've included just the ready-to-implement articles related to sleep and will follow them up later with a meatier article that welds all the concepts together along with the science behind it. We've also begun the new process of selecting the best from the web-exclusive articles for readers who can't spend a lot of time on the website. For example, we've included an article on the locus of control. Read it to find out if it can help you or someone you know.

In the meantime, you can catch us on Instagram, see What's New online or subscribe to our newsletter if that suits your lifestyle. Thanks for your patience and we hope you'll continue to support Roadmap+ as we move into new territory this year.

Roadmap+ Team  
31 March 2018



# LOCUS OF CONTROL

**L**ocus of control is a personality theory developed by Julian Rotter in the 1950s, which describes an individual's expectation of outcomes and how much control they believe they have over those outcomes. It's a characteristic shaped by life experiences that affects happiness and gratification, which is why it's also a characteristic that can be developed by a change in thinking. By having an understanding of your own locus of control and knowing how to cultivate a high (internal) locus in more situations, you could lower stress, reduce risk of depression, increase satisfaction and, ultimately, achieve more.

## Internal versus external locus

In his seminal paper, Rotter described a belief in chance, fate, luck or the control of 'powerful others' as having an external control, while individuals who believe their actions strongly influence outcomes have an internal locus of control. Naturally, the perception that you can influence outcomes in your life is more empowering than believing no matter what you do, nothing will ever change.

## Benefits of honing an internal locus

Compared to externals, studies unsurprisingly show internals are happier, confident, successful, display high levels of achievement motivation, modify expectations and goals based on their efforts, perform better academically, have higher job satisfaction, have little to no social anxiety, experience more positive emotions, and do better overall in all psychological wellness measures. Internals are also better equipped to handle negative outcomes by taking responsibility for things that could have been done differently.

In everyday life, your locus of control can impact health, education, self-improvement, self-esteem, self-efficacy and overall life satisfaction. An external considering their own health may not believe eating well and frequent exercise improves health nor assists in weight loss because their parents are overweight or a gym membership is too expensive. On the other hand, an internal eats healthful foods in moderation and runs outdoors under the notion that



## EXTERNAL TO INTERNAL TRANSFORMATION

1. Set clearly defined but achievable goals.
2. Identify small milestones and celebrate each one by rewarding yourself.
3. Do something each day that gets you closer to these goals and acknowledge what you've accomplished.
4. Reflect on why something hasn't been accomplished or why a milestone hasn't yet been reached.

will benefit them immediately or eventually. If the internal eats two cheat meals in one day and gains weight the next, they know where they went wrong and might workout an extra 30 minutes or push their weight loss target forward a few days. With the exception of some health issues, we know the internal is more likely to be in better shape and reaping the benefits of better mental health as a result of physical wellness and activity.

### Challenges as an external

Because past experiences shape our locus of control, changing the way we think and have done things can be a real challenge. Due to repeated outcome reinforcement,

we continue to do or not do things that we think we have no control over. We tell ourselves studying each night won't change our GPA, so our GPA doesn't change. We prematurely give up job hunting because the competition seems fierce, so we continue to work for a boss or office environment we despise. By realizing the strong causal link between actions and outcomes, realistically identifying what we have control over and what we don't, making an effort and adapting to different, challenging or dynamic environments, positive outcomes are more likely to occur. Repeated positive outcomes, or at least outcomes closer to what we had envisaged help develop an internal locus

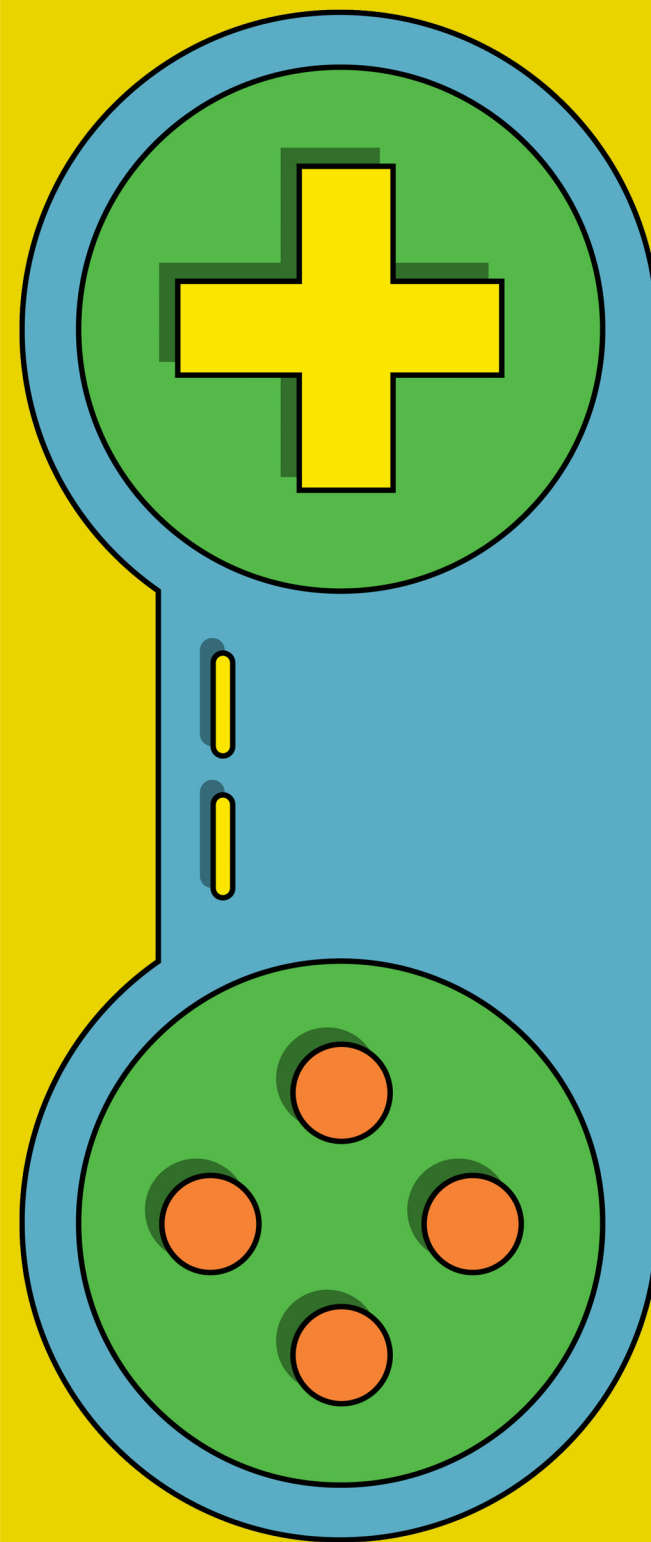
and reduce the helplessness we might otherwise feel, leading to increased motivation, initiative and perseverance.

### Transform your locus of control

There's no clear-cut method for transforming into a 24/7 internal, but it's not impossible to develop their habits and attitude.

Remember, both external and internal factors can be causal, but when you haven't put in the effort, acknowledge that fact and aim to fix it or do something as soon as you can, or do better next time.

A shift in how accountable we are for our studies, work, fitness, personal relationships, self-fulfilment and personal interests can make a huge impact on future outcomes and how we deal with them. When we feel in control of our destiny, we open ourselves up to more opportunities and make things happen. ■







**RITUALIZE THE WEEKLY PLAN AND REVIEW.** REVIEW WHAT YOU HAVE OR HAVEN'T DONE OVER THE PAST WEEK.

**ALSO SET YOURSELF UP FOR A SUCCESSFUL WEEK BY TAKING CARE OF YOUR HOME AND YOURSELF ON THE SAME DAY YOU DO THE WEEKLY PLAN AND REVIEW.**

**STICK TO A WEEKLY MEAL PLAN.** INCLUDE IN WEEKLY PLANNING RITUAL.

**NOTE WHAT YOU ATE INSTEAD AND WHY. RE-PLAN.** ORDER JUST ENOUGH GROCERIES. DONE RIGHT, YOU'LL SAVE TIME, MONEY AND CALORIES.

**HABIT STACK.** LIST A SET OF TASKS TO COMPLETE DAILY AND DEVELOP A HABIT OF COMPLETING THEM ONE AFTER ANOTHER.

**PERFECT FOR SMALL TASKS THAT BUILD UP TO A LARGER TASK.** USE LISTS TO COMPLETE EACH DAY AND CHECK OFF THE GROUP IN YOUR WEEKLY TRACKER.

**USE A TIMER AND NEVER LOSE TRACK OF TIME AGAIN.** COMBINE A TIMER WITH HABIT STACKING OR GIVING YOURSELF A TIMED BREAK.

**TAKE A BREAK.** CLEAR YOUR HEAD. FIND INSPIRATION. REDUCE STRESS.

**INTENTIONAL BREAKS ARE EVEN BETTER AS THEY'RE DONE FOR A SPECIFIC REASON.** SCHEDULE A BREAK AS A REWARD AND TAKE IT GUILT-FREE.



## Basic requirements

Unlike work permits which generally require a degree in a high demand field or hard-to-fill position, a few years experience and a reasonable command of the local language, working holidays are easy to get and are stress-free while they are valid. As a work permit holder you're tied to a company and in most cases your visa will need to be renewed every so often, which can be timely and costly for your employer. Depending on the country (e.g. Switzerland), you may also be tied to a limited geographical area as little as a 20-minute travel radius. As a working holiday visa holder, you're free to live anywhere in a country, do any type of work and change jobs as you please.

Most working holiday visas are limited to 18 to 30 (some to 35) year olds at the time of application and are usually based on a bilateral agreement between your country and the destination country and possibly population-based quotas. This is partly why as an American citizen there are so few options – because the offer isn't made in return.

## The not so straightforward stuff

The major drawback of a working holiday visa is if you want to move from one country to another. As an Australian (meaning, you'll be far from pretty much everywhere) and depending on the region or country you're currently living in, this could mean returning to and staying in Australia for a period to lodge your next working holiday visa. This can be costly in many ways, so it's best to plan ahead or check what options you have for visa lodgement in advance.

Other factors to consider in terms of obtaining a working holiday visa are financial requirements, such as a return ticket or in place of that, a minimum amount of savings to show you'll be able to afford a ticket home later, how much work you can do during your stay (e.g. a few years ago you could only work for three months in Germany, but stay for 12), and what you need to do upon arrival.

Some countries are highly bureaucratic and require you to register at a number of offices in a particular, sometimes confusing, chicken-or-egg order. The same goes when you leave. And don't be quick to drop one visa for another as once you have registered (and deregistered), you lose access to that visa forever, even if you've only used it – that is, stayed in the country on it – for a week.

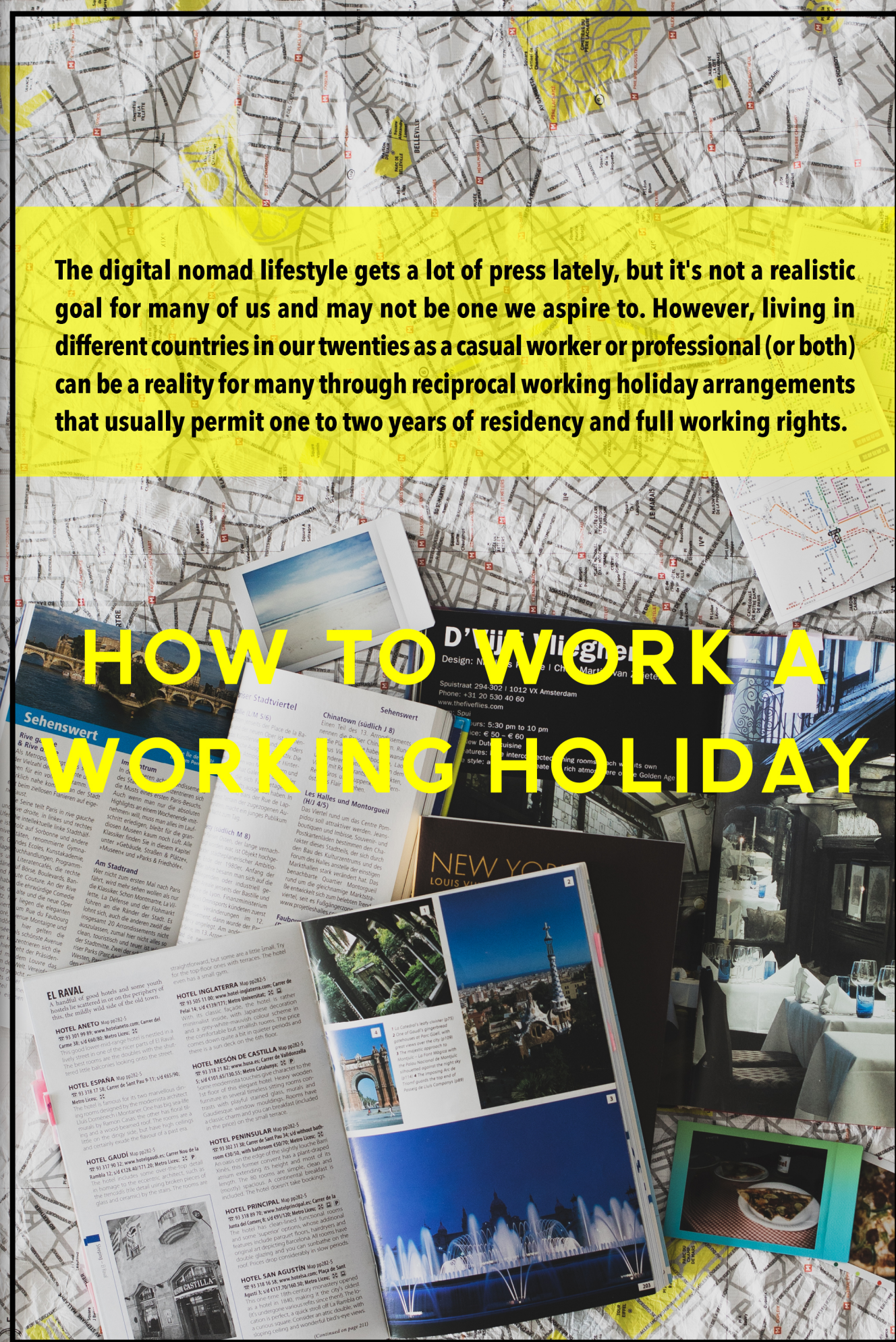
## Where to go from here

A number of publications elaborate on the requirements and conditions by country, but the rules do change, so it's best to contact the consulate or embassy of the destination country. Be sure to ask specifically about:

- Application requirements (e.g. age, funds).
- How far in advance you need to apply.
- How long you can work and stay (per week and in relation to how long you can live there).
- What you need to do upon arrival.
- If you're planning on an immediate follow-up visa, ask the second country's consulate for advice on how to do that from the first destination country. ■

**The digital nomad lifestyle gets a lot of press lately, but it's not a realistic goal for many of us and may not be one we aspire to. However, living in different countries in our twenties as a casual worker or professional (or both) can be a reality for many through reciprocal working holiday arrangements that usually permit one to two years of residency and full working rights.**

# HOW TO WORK A WORKING HOLIDAY







*sleep*



# Food for Sleep



The essential ingredient of sound sleep is exposure to light early in the day, but certain foods or food at the wrong time can eliminate the benefits of light exposure and other sleep-enhancing efforts, so it's important to be mindful when choosing what and when to eat.

Tryptophan is an essential amino acid that acts as a natural sedative, but it can only be sourced from food. Sufficient tryptophan consumption supports the body's facility to produce melatonin, which means better sleep from the onset of sleepiness to the way you feel the next day. When consumed, the body converts tryptophan to 5-HT, then to serotonin which is metabolized to melatonin – the hormone that regulates sleep-wake cycles. Melatonin itself is produced naturally by the body, but it can also be taken orally at varying degrees of effect via supplements, and via food.

Additionally, magnesium and potassium have a calming effect on muscles and the nervous system, so stress-related physical tension could be reduced by including food that contains these elements.

Most importantly, recognize how your body reacts to food. Choose foods that you know don't upset your tummy and therefore won't keep you up. For most of us that means avoiding oily, fatty, sugary, spicy (e.g. chili, peppers), dairy, beans, garlic, onion or just too much food. Choose with your head, not your stomach, especially when it comes to dinner.

And remember, before making significant changes to your diet, consult a health professional or your GP.



# tryptophan

# magnesium

# potassium

# calcium



## **Tryptophan:**

- o prawns / shrimp
- o chicken / turkey
- o almonds / walnuts
- o eggs
- o legumes

## **Magnesium / potassium:**

- o seaweed
- o banana
- o soybeans / tofu
- o almonds / walnuts
- o pumpkin seeds
- o kale / spinach
- o wholegrains

## **Melatonin:**

- o almonds / walnuts
- o grapes
- o milk
- o sour cherries
- o tomatoes
- o rice
- o olives

**Calcium** (too much can upset your stomach and keep you up):

- o milk / soy milk
- o yoghurt
- o kale

## **Studies also note:**

- o kiwifruit
- o chamomile tea

## **When:**

- Eat dinner 3-5 hours before bed.
- A light snack 1-2 hours before bed.
- Last liquids 1-2 hours before bed.
- Last coffee or tea at least 4-7 hours before bed, depending how sensitive you are to caffeine. Avoid caffeine completely if you suffer from sleep deprivation.
- Alcohol won't help. It may put you to sleep faster, but it will cause multiple bathroom trips or disrupt sleep cycles that make you feel worse the next day. ■





# A ROOM MADE FOR SLEEP



A room with a bed for sleep and little more is said to be the ultimate in sleep-inducing and sleep-maintaining quarters. Yet, to the detriment of our sleep and overall well-being, a sparsely furnished bedroom is rarely a reality or desire.

Bedrooms are filled with sleep disruptors, often of the electronic sort, that wake or engage our senses from the moment we enter the room. What we do on the bed and in the bedroom wreaks havoc on our attempts to sleep, as the mind becomes conditioned to those wakeful activities that occur in the bedroom. That means for each night in bed that you use your laptop to do some work or study in bed, check social media or watch Netflix till the wee hours of the morning, the mind becomes increasingly accustomed to that stimulation in that location and goes into that mode. And they're just some of the things that can lead to hours wide awake in bed.

A room conducive to sleep relaxes the senses, is absent of distractions and attention-grabbing objects, and the only expert-approved non-sleep activity that occurs there should be, well, sex. Sticking to these simple rules can drastically increase sleep pressure

– the biological need and the feeling that you need to sleep – and improve sleep quality overall. Key elements to consider when creating the perfect sleeping space are:

## Temperature

A cool 64-70°F / 18-21°C is said to be the sweet spot for maximum sleeping comfort, but everyone's different, so figure out what works best for you. Because the body's temperature drops when falling asleep, avoid waking yourself to reach for the sheets by wearing socks to bed, suitable clothing that isn't too warm or cool, or tuck yourself under a long blanket or duvet. Depending where you are in the world, the ideal temperature range is said to extend from 54-75°F / 12-24°C.

## Light

Curtains are often better at shutting out light. If you have blinds that you can't change, try throwing over a dark-colored sheet at night to block light leaks. If light creeps into your room, try using an eye mask. Always draw the curtains or blinds before bed and open them immediately after you wake up



in the morning to let in natural light, commence the sleep-wake process and support melatonin release at night.

## Noise

Whether it's noisy roommates, nearby traffic, city sounds or rowdy neighbours, most noise can be dampened or eliminated entirely with a combination of ear plugs, thick curtains, calm sounds (e.g. storm playlist) and a polite request to keep it down. If the noise is coming from the other side of your bed, consider alternating rooms or moving across the room every other night until the snoring is resolved. On the other hand, if silence keeps you up for one reason or another, try a nature, rain, storm or white noise playlist at a low volume.

## Air quality

Air out the bedroom daily, even if only for a few minutes before bed if it's cold outside. If you live with smokers or near roads, invest in an air filter and run it nightly. Strong smells, such as incense, can interrupt sleep and affect your respiratory system over time, leading to worse sleep.

## Mattress

An uncomfortable or unsupportive

pillow or mattress is often a solvable cause of poor sleep. Everyone's needs are different and if you share a bed, that person's needs must also be met to avoid unnecessary turning or snoring. A good mattress store can provide some advice, but trying is often the only way to know for sure.

## Eliminate electronics

Most of us know this by now, but if not, avoiding electronic devices 1-2 hours before bed and leaving your phone out of the bedroom at night can work wonders. The blue light emitted from electronic devices prevents the release of melatonin, which delays sleepiness and sleep. Electronics extends to laptops, tablets, TV and bright digital clocks that tempt you into checking how long you've been lying awake in bed. ■







# HOW TO GET A GOOD NIGHT'S REST


Classes aside, life as a student lacks routine. The temptation and randomness of Netflix binges, late night meals, time with friends, the time vacuum mystery of social media and casual work hours destroy any attempt at normalizing sleep patterns.

Multiple studies found classes later in the day produce higher grades because they work around late melatonin release – the time that sleepiness begins to kick in – which is around 10:45pm, or 2-3 hours later than adults over 25. Add to that the fact that teens and young adults need between 7-11 hours of sleep each night and being a night owl or morning person is partly determined by genes, and it's not hard to understand why you don't always feel your best. Low grades, a lack of focus and overall poor academic performance have been linked to sleep

deprivation in students. But poor or little sleep can also negatively impact social skills, increase irritability, depression, anxiety, and the risk of disease later in life. Sleep deprivation has also been linked to a higher incidence of car accidents in young adults and many fatalities.

There could be serious reasons for why you aren't falling asleep at a reasonable time, staying asleep or falling asleep at all. Depression and anxiety have been linked to insomnia, but it's not always clear what came first. If you haven't been feeling yourself for a while or suspect a more serious issue, it's best to consult a doctor for advice. Across all age groups, most insomnia is caused by run-of-the-mill stress. Yes, some stress is worse than

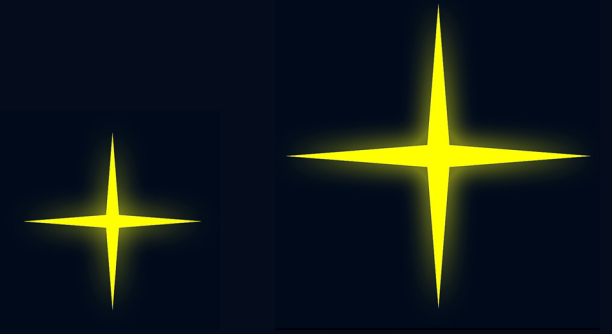
other stress, but it needn't keep us up at night. Most of us know if it's our thoughts and worries that keep us up at night, so if that is you, wind down 1-2 hours before you want to sleep, feel positive about bedtime



03:00

and the benefits of sleep, breathe slowly but not too deeply, and really make an effort to trick your mind and body into feeling sleepy when you lie in bed.





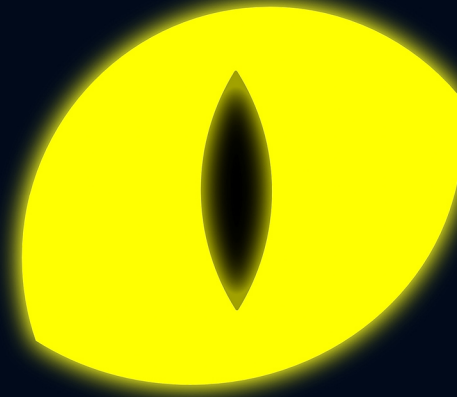
So except where an underlying issue exists or you've been prescribed medication that affects your ability to sleep, there are a number of things every student can implement in daily life to improve sleep immediately and long-term. These techniques are often referred to as 'sleep hygiene'.

- Naps are prohibited, especially if you already suffer from sleep deprivation. If you really need a nap and don't have a sleep disorder, 20-30 minutes finishing before 4pm is best. Staying awake until bedtime without napping is one of the ways some forms of insomnia can be fixed.
- Eat the right things at the right time. Not too much, not too late. Read more in [Food for Sleep](#).

- No coffee after 2pm. No coffee at all if you have an existing sleep condition.
- Last drink of water should be no later than 1-2 hours before bed.
- Exercise early in the day or no later than mid-afternoon.
- Wind-down at least an hour before bed. Avoid electronic devices, including TV, and instead opt to read a book, journal, meditate, or talk about

something positive with a friend or family member.

- Sleep trackers can negatively impact sleep, as the user is usually somewhat aware of the tracking and, like watching the clock when you can't sleep, it can delay or interrupt sleep. Trackers also inaccurately record some movement as wake time, which causes even more worry about how much sleep one is getting.
- Develop a positive attitude towards sleep. See it as insurance for feeling better the next day and an enabler for getting more things done in a better state.
  - Establish a routine. If you're serious about sleep and want to reap the benefits of good sleep, be strict about when you head to bed, give yourself enough time to wind down, and don't hit snooze in the morning. ■



Adolescents & young adults  
need to sleep between  
7 & 11 hours  
per night.

Over 70% of US  
high school students  
sleep less than  
7 hours every night.

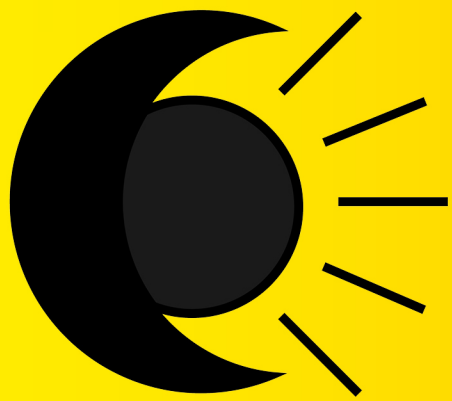




*SLEEP MORE. ACHIEVE MORE.*







# 10-Minute BREAKS

BREAKS 28-30



## 28. PREPARE FOR A.M.

Sleep and wake up with less on your mind by putting out the next day's clothes, packing your bag and selecting the shoes you'll slip into on your way out the next morning. Go further by putting out breakfast and coffee utensils (e.g. spoon, bowl, cereal box, reusable coffee cup) on the kitchen bench. If the thought of a warm breakfast makes getting out of bed easier, try meal prepping every 4 days and whip up a vegetable quiche to reheat.

## 29. SOAK IN SOME RAYS

Getting in a few rays within an hour of waking in the morning - roughly between 6 to 8am - can help set or reset your body's inner clock. This will help your body kick off the process of making you sleepy by 8 to 9pm and more able to sleep by 10 to midnight, which is enough time for most to achieve the optimal number sleep hours. You don't have to sit outside in the sun; simply exposing yourself and eyes to a bright, sun-drenched room will do the trick. Continue exposure to natural or bright light over the day and avoid bright light after 5 or 6pm. Exposure to sunlight has also been linked to improved mood and lower stress.

## 30. SNACK

A light snack or drink 1-2 hours before bed can increase your intake of nutrients that help you fall asleep and stay asleep. Try a banana, a few cherries, a handful of almonds or walnuts, or if you prefer something to drink, a small glass of milk or a small cup of chamomile tea could help.



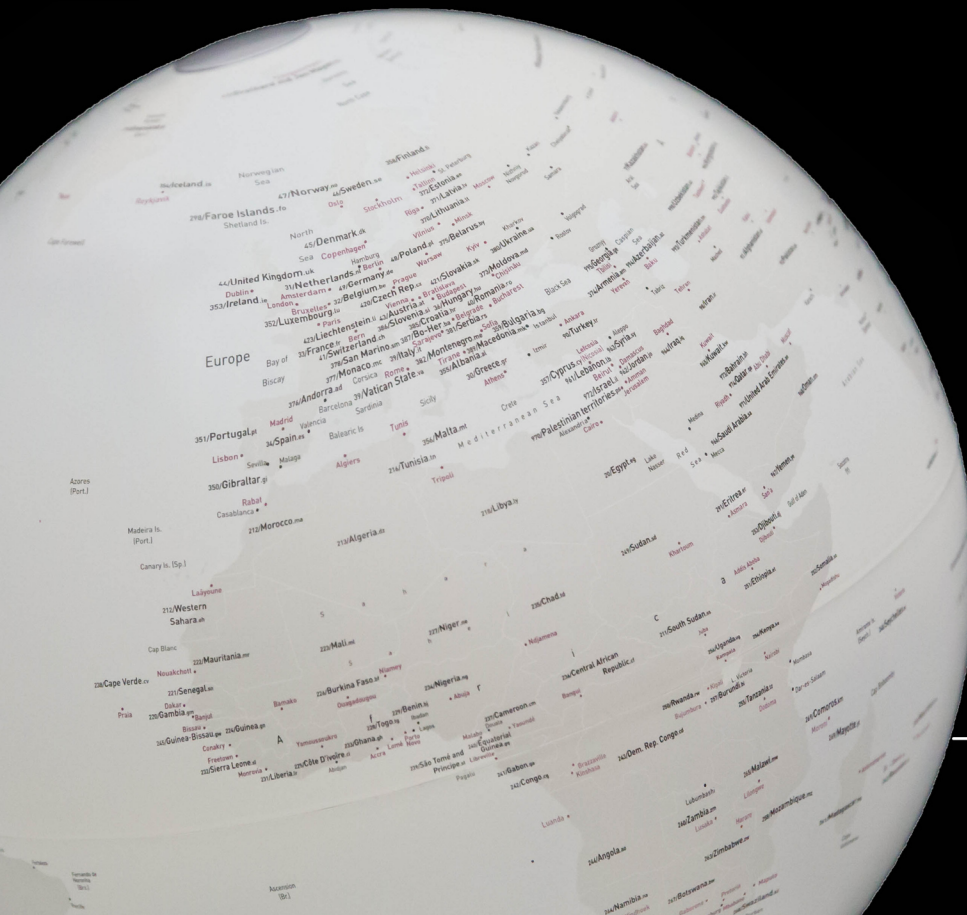


goodnight

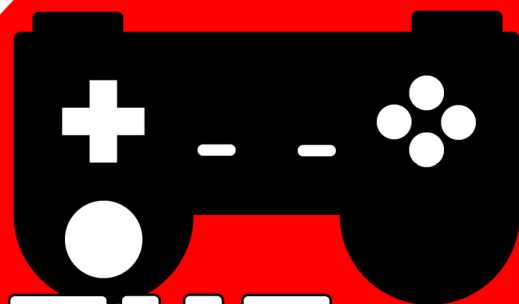
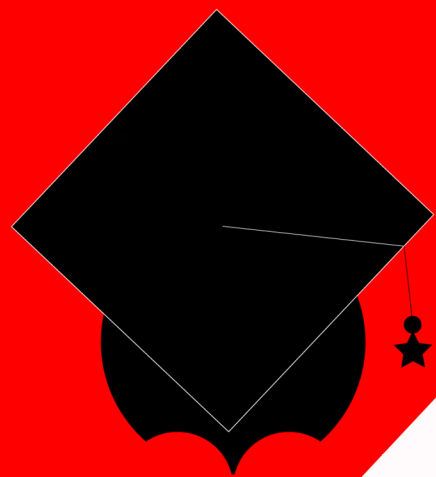


# Resources

- **Past Issues**  
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- **Useful Productivity Links updated**  
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- **Japanese School Bags Online**  
STUDY
- **Beats EP Headphones Review**  
REVIEW

**Sleep is the best meditation**

Dalai Lama

J U N E 2 0 1 8

I S S U E 1 1



The logo consists of the word "roadmap" in a bold, black, lowercase sans-serif font, followed by a red plus sign. This text is centered within a large white circle.

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