

The Executive Sleep & Stress Recovery Guide

For Men Over 35

The 4th pillar of the MGFITBOD system.

Recovery is the floor every other pillar rests on.

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1. The Deep-Sleep Stack

Sleep quality is engineered, not wished for.
Three inputs, no exotic supplements.

Cool the room to 18C (65F).
Body has to drop ~1C to initiate sleep.
Anything above 21C cost you roughly 10% of deep sleep per study.

Blackout: zero light, zero blue.
Cover the LED on the smoke alarm.
No phone screen last 30 minutes.
If you travel: a \$15 eyeshade does more than \$300 of supplements.

Magnesium glycinate (200-400mg), 45 minutes before lights-out.
Glycinate form binds GABA receptors without the GI crash of citrate.
Skip if you have kidney disease.

Optional: 3mg of melatonin if you travel across time zones.
Not a sleep aid, a circadian cue.

2. Caffeine Cutoff Timing

Caffeine has a 5-6 hour half-life. Adenosine stays blocked longer.
The mistake: cutting off after the crash you are trying to fix.

Rule of thumb: 8 hours before bed is the cutoff.
For a 10pm sleep target, that means last coffee by 2pm.

Two cups before noon is fine for most men 35+.
A third cup, even at 1pm, is the one that costs you the dream phase.

If you are training in the afternoon:

- Switch to a small black coffee pre-lift, then water for the rest.
- Or use a decaf base if you want the ritual.

No "zero calorie energy" after your cutoff. 200mg of caffeine in a drink is the same as in a coffee. The 0 cal wrapper does not change it.

3. The Weekend Wind-Down

Your circadian clock does not care it is Saturday.

Late nights and sleeping in are why Sunday-night insomnia feels impossible.

Friday (work-release day):

- Keep your normal bedtime. One drink maximum.
- No "I will crash and recover Saturday." That is the trap.

Saturday:

- Wake within 60 minutes of your weekday alarm.
- One hour of outside light before 10am.

Sunday:

- Same wake time. Not 90 minutes later.
- Caffeine and food on your normal weekday schedule.
- Bedtime at your normal time, even if you are not tired.

Net effect: Monday morning feels like a Tuesday morning.

4. HRV-Style Readiness Rules

You do not need a \$300 wearable. Three signal checks beat any dashboard.

1. Resting pulse, lying down, first 60 seconds:

- Steady-state sub-65 BPM: green light, train normally.
- 65-72 BPM: yellow light, capacity is half. Cap at 2 lifts.
- 73+ BPM: red light. Walk or skip. Something is wrong.

2. Sleep latency - how long to fall asleep last night:

- Under 15 minutes: rested.
- 15-30 minutes: tired but OK.
- 30+ minutes AND a heavy headache: under-recovered. Skip intensity.

3. Body battery heuristic (your own subjective score 1-10):

- 8+: full session.
- 5-7: deload, mobility, or 30-min "maintenance" only.
- Under 5: walk.

5. The Morning Cortisol Reset

Cortisol is the get-up-and-go hormone. You want a healthy spike in the first 60 minutes of waking, not a flat-line or a crash.

Within 5 minutes of waking:

- Light on skin. Real outdoor light is 50x stronger than indoor.
- 10 minutes of sun, even on cloud cover.

No phone for 30 minutes:

- The dopamine hit of email/Instagram blunts your cortisol curve.
- You start the day reactive, not active.

Within 60 minutes:

- 30-40g of protein. Eggs, Greek yogurt, leftover protein shake.
- A 10-15 minute walk. Not a workout. Just movement.

This locks in steady energy until lunch.

The "afternoon crash" is mostly a morning mistake.

Your Next Step

If you have read this far you already run your recovery better than 90% of men over 35.

The 4th pillar is recovery. The 3 before it were training, nutrition, and consistency. The full MGFITBOD system ties them together with 1-on-1 coaching for high-performers who are tired of guessing.

Take the qualifying quiz at mgfitbod.polsia.app/#quiz.
It takes 2 minutes and tells you exactly what to focus on first.

You are not stuck. You are under-coached.

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