

EARLY RISING

Awaken Your Full Creative Potential

 **Ableton** Certified Trainer



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WELCOME!

This information is from Vespers' most in-demand, top-rated course, [Creative Mastery](#). Creative Mastery is a cutting-edge online course that will powerfully transform the relationship between you and your music. It condenses and distills over 10 years of Vespers' personal development experience, coaching, and research on peak performance into a 5 week action-packed course. Explore what makes you tick as an artist and how to unleash the best version of you possible.

Learn to powerfully finish what you start, tap into unlimited

creative energy, and connect with the unique music that lies within you. Uncover the secrets to be in a state of flow, increase your mental focus, and break free of frustration and pressure. Walk away with techniques to “de-stuckify” yourself, avoid creative traps and roadblocks. Ultimately, you'll feel more consistently fulfilled with your music.

These aren't pipe dreams, they are results that are within your reach right now. You have



an opportunity to take the first step and declare to the world that you want them, and by doing so they will be yours.

Check out the course and see the full curriculum [here](#).

Awaken Your Full Creative Potential Now...

Check out Creative Mastery: [Click Here](#)



EARLY RISING

In the book "[Daily Rituals - How Artists Work](#)", the author, Mason Currey studies the lives of many of our most prolific artists, thinkers and achievers. From Mozart to Voltaire, from Beethoven to Hemingway, from Benjamin Franklin to Vincent Van Gough. Want to know what they all had in common? Rising early and doing their most important work first.

Your energy is freshest in the morning, your willpower the highest, and - don't forget - Resistance sleeps in! You can get a jump on things in the morning, if you choose to create that time for yourself. Read this story by Leo Babauta on his Zen Habits blog about his journey into early rising and how he did it: [Early Rising with Leo Babauta](#).

Over the years, I've developed a system that is extremely powerful. This system was developed by studying the habits of the world's most effective people. CEOs, Olympic athletes, martial artists, monks, and prolific artists and achievers from the past. This system helps you wake up earlier by building better habits around the clock; not just in the morning. Taking a holistic perspective like this not only allows you to wake earlier and get more done, it'll also improve your overall energy and health.

"Work smarter, not harder."

I've divided my system up into 3 categories with suggested habits and practices for each area of your day. The categories are:

1. Afternoon & evening
2. Night time
3. Morning

Let's kick things off!

AFTERNOON & EVENING

Getting up early actually starts the day before. It will be much easier to transition into waking early if you look at your entire 24 hour cycle. The idea here is to prepare yourself to have the highest quality, most consistently refreshing sleep possible.

Make Small, Incremental Shifts

Trying to wake up 2 hours earlier one day is a real shock to the system. I recommend breaking it down into smaller steps and “phasing in” your new early rising habit. If you want to wake up 2 hours earlier, you could wake up 10 minutes earlier each day, or 5 minutes, or even 1 minute. The key is to make a series of baby steps in the right direction and let your body adjust.

Set a time to wake the next day

In order to achieve anything, you must have a goal and it should be specific. Saying to yourself “I want to wake up earlier” is a weak goal. Set an exact time you want to wake up the following day. If you’ve decided you will wake up 5 minutes earlier each day, and you usually wake up at 7:30 am, then decide that you will wake at 7:25 am the next morning, then 7:20 am the following morning. Having a defined wake up time will determine how your afternoon and evening goes.

Set a bed time - getting 7-8 hours of sleep

The human body needs 7-8 hours of uninterrupted sleep (reference Dr. James Wilson, PhD - author of Adrenal Fatigue). There are tons of “sleep less, get more done” systems out there that promise you more productivity on 4 hours of sleep but my experience has shown they are not based on correct research, and lead to long term depletion (specifically adrenal fatigue). Don’t be sucked in by the marketing hype!

So, if you know your waking time, then you can back track to get your bed time. Knowing this ahead of time allows you to plan your day. If you will wake at 7:20 and wish to get 8 hours of sleep, then you’ll need to go to bed at 11:20 pm.

Every hour of sleep before midnight is worth 2 after

Sleeping between 10 pm and 6 am is what I’ve found to lead to the highest quality sleep. There is an old saying that “every hour of sleep before midnight is worth two hours after midnight.” I agree. I feel far more rested sleeping from 10 pm to 6 am than from midnight to 8 am. Same amount of sleep, but the quality of sleep is different. This has to do with factors such as available sunlight and circadian rhythm.

Avoid caffeine in the afternoon

If you must use caffeine, have it in the morning and avoid it in the afternoon. I like green tea or chai, but I cut myself off at noon. If you have caffeine in the afternoon or evening, it will make it much harder for you to get to sleep on time and to sleep restfully. So skip the afternoon coffee. Have a coconut water or a herbal tea instead. Something nourishing, not depleting. At dinner, avoid chocolate as it contains caffeine.

Limit alcohol & avoid sleeping pills

Many people like to have a drink in the evening to wind down and relax. That's okay, but be moderate. One of two drinks here and there won't set you back. But a bottle of wine or a six pack of beer most certainly will.

Alcohol is a depressant, so it makes you feel relaxed and tired. But it comes at a cost. It degrades the quality of your sleep dramatically by reducing rapid eye movement (R.E.M. - the good kind of sleep). The more you drink, the worse the degradation of R.E.M. sleep. Reference: <http://www.webmd.com/sleep-disorders/news/20130118/alcohol-sleep>. Alcohol is also a diuretic, leading to dehydration and having to wake in the night to go to the bathroom, further disrupting your sleep.

Similarly, sleeping pills may help you get to sleep, but often lead to drowsiness the next day. If you have trouble sleeping, try using calming herbs and nervine tonics like chamomile tea and valerian root. Alternatively, you can try taking melatonin, the chemical that is produced in your body leading up to and during sleep.

No late eating or night snacking

Do not eat within 3 hours of sleeping. Late eating leads to poor quality sleep and trouble getting to sleep because the body is still working hard to break down your food. Plan your meals so you finish eating 3 full hours before your planned bed time. If you are going to wake at 7:00 am, and you're off to bed by 11:00 pm, then you need to complete your dinner by 8:00 pm. This means you'll likely need to sit down for dinner at 7:00 pm to allow yourself time to eat.

Make sure you eat enough that you're not hungry before you sleep. Your caloric needs are lower at night, but ensure you eat enough where you're not tempted to munch out at night or right before bed. Night eating is extremely disruptive to sleep.

Do you see now why setting goals and planning is so important? If you just go through your day randomly, flying by the seat of your pants, your old "default" habitual behaviours will rule your life, your sleep and your wake time.

Reduce or eliminate late night sensory stimulation

Many people watch TV, play video games, or surf the internet in their evenings. Try to moderate this. A bit is okay, but don't do it right before bed. These things are very stimulating to the senses. They wind you up and make it more difficult to go to sleep. Do these things earlier in your evening if you must.

Allow yourself a "cool down" period

Many of us are seriously revved up from our days. This is why there is such a strong impulse to turn to depressants like alcohol or sleeping pills to relax and wind down.

I highly suggest giving yourself a cool down period right before you go to sleep. After you've completed your evening and you're ready for bed, turn out (or dim) all the lights. This will assist the release of melatonin in your body, as it's triggered by approaching darkness. Sit and meditate for a minimum of 10 minutes. Just let the body slow down. You will find this transition eases your into sleep far more effectively than substances.

If you find sitting in the dark a little too extreme, then at least try turning down the main lights, putting on a small light and reading a book for a few minutes. The aim here is to gently allow the body to slow down from the day, and create a softer transition into sleep.

THE NIGHT: IMPROVING THE QUALITY OF YOUR SLEEP

The name of the game here is improving the sleep you do get. It's not just about the length of time you sleep for. 8 hours doesn't always mean you're getting a good sleep. There are several factors that lead to quality sleep.

Reduce light and noise pollution

In order for the body to effectively produce melatonin and sleep, you must sleep in the dark. Get blackout drapes. If you can't do that, or you're traveling, then at least get a face mask that covers the eyes. Get rid of anything that creates light in your room. Power supply cables, charging lights, smart phone screens etc. Cover them or turn them around so the light isn't impacting your sleep.

Similarly, we need quiet to sleep properly. Noisy cities cause all kinds of disruption. You can't often control the amount of noise in your environment, but you can get ear plugs. Turn your phone off, or put it in silent/do not disturb mode. If your phone is buzzing and beeping at night it'll throw off your game. Obviously make sure you can still hear your alarm.

Your bed

Invest in a quality bed. You spend a third of your life on it after all! Memory foam is cool. Nuff said here.

Stabilize

After your transition period where you're shifting to waking up earlier, stabilize into a consistent pattern. This will result in better quality sleep as the body craves routines. Shift work, jet lag and inconsistent sleeping patterns make it more difficult to get good sleep. Find your balance.

Sleeping disorders

If you suffer from a sleep disorder, you'll need to do some more research. Here's a good place to start: <http://sleepfoundation.org/sleep-disorders-problems>

THE MORNING

This is what we've been building up to. The beautiful, wonderful, productive and successful morning! Here are my tips to assist you in waking up quickly and feeling super refreshed and energetic.

Put your alarm on the OTHER side of the room

Put your alarm, your phone, your rooster - whatever you use to wake up in the morning - on the other side of the room from you. Why? Because you will have to get out of bed to turn it off. That's the first step. If you're vertical, you're winning! Simple, but powerful and effective.

Once you're up, stay up

Get up, stand up...stay up. Listen to Bob Marley if you have to! This is the pivotal moment. You will make a choice in this moment to grow, to commit to yourself, to take a step further into your musical expansion, or to sleep in and join the rest of the world's unfulfilled dreamers. Yes I know you're tired. I know it's cold. I know you feel like you can't be creative. This is normal. It will subside as time goes on. It's an adjustment.

"Nothing worth having is easy and nothing easy is worth having."

Are you a pro or an amateur? The amateur hits snooze. The pro gets up and screams, "I LOVE mornings!" By the way, about snoozing...it'll sewer your progress. When you wake the first time, the body is starting to reduce melatonin and release cortisol to wake you up. If you hit snooze, this delicate chemical reaction gets confused and you spend your whole day feeling drowsy because you didn't let it run its course. Don't snooze!

When you're up, leave your room immediately, like your life depends on it.

Get immediate exposure to light

"The circadian biological clock is controlled by a part of the brain called the Suprachiasmatic Nucleus (SCN), a group of cells in the hypothalamus that respond to light and dark signals. From the optic nerve of the eye, light travels to the SCN, signalling the internal clock that it is time to be awake. The SCN signals to other parts of the brain that control hormones, body temperature and other functions that play a role in making us feel sleepy or awake.

In the mornings, with exposure to light, the SCN sends signals to raise body temperature and produce hormones like cortisol. The SCN also responds to light by delaying the release of other hormones like melatonin, which is associated with sleep onset and is produced when the eyes signal to the SCN that it is dark. Melatonin levels rise in the evening and stay elevated throughout the night, promoting sleep.”

Source: <http://sleepfoundation.org/sleep-topics/sleep-drive-and-your-body-clock/page/0%2C1/>

Wake up and smell the oxygen

I don't know about you, but when I wake up don't feel super energetic. You need to do things help your body get alert and build energy. Oxygen plays a huge role in that. There's no coincidence that casinos in Vegas pump oxygen into their rooms to increase the alertness of their patrons. It works.

Step outside and do some deep breathing. The crisp morning air will do wonders for you, as will exposure to light if the sun is up yet. Breathe as deeply as possible and follow a breathing exercise for a few minutes. Yogic breathing like the breath of fire can be very useful here.

Also, keep plants that produce oxygen in your house. NASA did a study on the top plants absorb carbon dioxide, clean the air, and produce oxygen so it could use them on space stations. Put these in your house! Here's the findings: <http://www.mnn.com/health/healthy-spaces/stories/best-air-filtering-houseplants-according-to-nasa> I personally, I have a snake plant in my house. Super easy to care for and pretty much impossible to kill.

Drink water

You sweat and become dehydrated when you sleep. You lose a lot of water over the night. One of the best things you can do for yourself is to drink fresh, filtered water when you first wake. I drink 26 oz / 750 ml of water when I first wake up. If you want to make “super water” try squeezing half a lemon and 1 tablespoon of raw apple cider vinegar into your water. Lemon juice reduces the surface tension of water, making it easier to absorb, and apple cider vinegar has a plethora of health benefits such as providing minerals and alkalizing the body.

Drinking water like this in the morning speeds up the metabolism by 37% and helps you start your day like a champion!

Exercise

Exercise will seriously help your alertness by getting your blood flowing, assisting with the release of cortisol, and oxygenating your whole system. You don't need to go to the gym, just do something brief and simple. I would recommend the Dr. Keith Jeffery Easy Tai Chi program: <http://www.easytaichi.com/> 4 minutes and you're ready! Alternatively, do 10 yoga sun salutations or go for a run or a walk outside for 15 minutes.

Other fantastic home-based workout systems are kettle bells and the [TRX Suspension System](#). The idea here is to do a bit of exercise to rev your system up and get you going. You don't need to be a body builder or a marathon runner. The faster and more convenient your workout system is, the more likely you will do it, and then get on to your music.

Reward yourself

As a reward for all the discipline and effort you've invested in yourself, give yourself a gift of something you enjoy. Maybe it's a nice warm cup of chai or a matcha latte. I know I say coffee is bad, but if you're getting up early and you're working on music, then if you want a coffee have a coffee! Eventually make the switch to green tea, down the road. Find something pleasurable as your reward.

Now work on your music

Use the time you create to do something fulfilling and meaningful - your music! Bringing a sense of momentum and achievement in an area of passion will further encourage this good habit and your discipline.

Seeing as it's early in the morning, you may not be able to work on studio monitors. That's okay. Use headphones. Get a good pair of reference-grade monitor headphones, like Focal Spirit Pros or Sennheiser HD650s. In this power time in the morning, work on the things that require the most amount of creative energy.

Keep using this system and getting up earlier and earlier. Incremental change is the path to success. Aim to create 90 minutes of uninterrupted space in the morning to work on your music and just see the difference that makes for you. When you add this up, day by day, the impact is astronomical. Get ready to unleash your inner creative beast!

WHAT'S NEXT?

This is just the tip of the iceberg. If you like what you read here and want to fully awaken your creative potential, then I invite you to come [watch the intro video to Creative Mastery](#). In this course, we specialize in making you superhuman. Buckle up! Here's more of what you'll learn in Creative Mastery.

Module 1 – Introduction and The Basics

- Introduction and intentions.
- The difference between inspiration, creativity and flow.
- Sources of inspiration and creativity.
- Why you aren't creative...sometimes.
- "The Gap" why we start writing music and why people fall short of their potential.
- What drains your tank: energy vampires.
- Introduction to how to cultivate, protect and maximize your energy.

Module 2 – Creative Blocks and Traps

- Low energy.
- Stress.
- Inability to focus.
- A multitude of distractions.
- Addictions.
- Toxicity.
- Multi-tasking.
- Unconstructive comparison.

Module 3 – Building Your Creative Super Powers

- Daily rituals to maximize your creativity and results.
- How to work like a pro. Organizing your work and schedule.
- The power of less and the lost art of simplicity.
- Saying NO.
- Transforming your physical, mental, and creative energy.
- Hidden sources of inspiration.
- Your ability to focus. A pivotal key to success.
- Understanding your brain. Neurotransmitters...[read more](#).

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ABOUT VESPERS

Vespers is an Ableton Certified Trainer, entrepreneur and musician who's chosen Ableton Live as a platform from which to generate his artistic works and career. Vespers' courses focus on helping computer musicians make the transition from hobby to successful career artists.

As a producer, he's currently signed to Adapted Records and Westwood Recordings, and actively releases electronic music.

Having a background as an acoustic musician has helped Vespers to explore and understand the recording, DJing and live performance aspects of Live. His experience includes 7 years of classical piano, 23 years of jazz saxophone, 17 years of DJing and 15 years of electronic music production.

Vespers is heavily engaged in HD, screencast video education with Live on his [Youtube channel](#) and [video blog](#). His videos are routinely posted by some of the largest music education blogs in the world.

Having knowledge of the program that extends beyond just the studio has been an asset for Vespers. He uses Looper to integrate saxophone and Akai EWI wind synth overdubs into his live performances and uses sampling extensively to create innovative banks of sounds triggered via

MIDI during shows. His most recent project, [Warp Academy](#), brings the talents of many other Ableton Certified Trainers and industry experts all under one roof for the ultimate electronic music training experience.

