

SLEEP THAT WORKS



Better sleep isn't a luxury.
It's performance, recovery, and your health.

WHAT'S REALLY HAPPENING WHEN YOU SLEEP

Your body cycles through stages of sleep all night long. Each one plays a vital role in your recovery.



DEEP SLEEP

Physical repair and recovery happen here.



REM SLEEP

Brain reset, memory, learning, mood regulation.



LIGHT SLEEP

Transition stage that helps your body move through the cycle.

WHAT'S WORKING AGAINST YOU



IRREGULAR SCHEDULES

Your body craves consistency



LATE CAFFEINE

Stays in your system for hours



LIGHT AT NIGHT

Disrupts melatonin and your body clock



STRESS CORTISOL

High stress keeps you in GO MODE



NEW SLEEP ENVIRONMENTS

Noise, vibration, and fumes disrupt rest

YOUR BODY NEEDS THE RIGHT SIGNALS



NERVOUS SYSTEM

Shift from "go mode" to recovery mode. Calm is key.



CIRCADIAN RHYTHM

Light, timing, and consistency keep your internal clock on track



NUTRITION

Nutrition like magnesium, glycine, and stable blood sugar support deeper sleep



ENVIRONMENT

Dark, quiet, cool, and comfortable helps you stay asleep longer

START HERE

SMALL CHANGES | BIG RESULTS



WIND DOWN ROUTINE

Take 10-15 minutes
to transition



CUT CAFFEINE EARLY

Avoid caffeine 6+
hours before bed



REDUCE LIGHT BEFORE BED

Dim lights,
limit screen time



STAY CONSISTENT

Your body loves
a routine

YOU DON'T HAVE TO FIGURE THIS OUT ALONE

LT-SLEEP COLLECTION

Tools that support your
body, your environment,
and your recovery.
Find what works for you.



SHOP THE COLLECTION

CALL THE SHOW

Talk it through,
Break down,
**Get real answers
you can use.**



**CALL IN &
GET ANSWERS**

JOIN THE TRIBE

Connect with drivers
who get it.
Learn what's working!



JOIN THE TRIBE

BETTER SLEEP = BETTER MILES

SHARPER FOCUS. BETTER RECOVERY. MORE CONSISTENCY.



Let's Truck