



Sleep - ToDo

Aim for consistency, not perfection!

START SMALL TO GO FAR

Choose one or two small changes that are doable for you.

7-8 hours Sleep - Some can handle a bit less, some best at 9

AM Light - 10-20 minutes AM morning light (ideally outdoors)

PM Light - Lower light 60+ minutes before bed; amber/red tones best

Bed-time/Wake-time: same time each day +/- 30 minutes

Wind-down routine - consistent, relaxing - not too engaging

Sleep Cave - Keep the bedroom cool and dark.

IDENTIFY POSSIBLE SLEEP KRYPTONITE

Tired in the morning? Experiment to find stealthy saboteurs

Limit caffeine later in the day.

Avoid alcohol close to bedtime.

Finish eating 2-3 hours before bed.

Dim lights during the last 1-2 hours before bed.

Reduce stimulating screen use before bed.

WHEN THINGS DON'T GO AS PLANNED

Off-nights inevitable!

Simply reset - Decide if doable goal. If no, switch-up goals. If yes, resume.

If night-time wakeup is 20+ min? Get up and do something calming. Don't check the clock. Return to bed when start feeling tired. (*Do not let brain associate bed with staying awake*)