



Sleep and Wake Routine

✓	SLEEP	NOTES / IMPROVEMENT FACTOR
	Go to bed at the same time, every day	
	Start to prepare for sleep ~30 minutes before desired bedtime	
	Turn off extra lights <i>Dim lights, if able</i>	
	Disconnect from electronics 30-60 minutes before sleep	
	Activities that promote relaxation	
	Hygiene activities (skincare, brush teeth, use bathroom)	
✓	WAKE	NOTES / IMPROVEMENT FACTOR
	Get up! No SNOOZE button	
	Make the bed	
	Get light exposure Shut down melatonin production to increase alertness using natural light (ie. go outside) or by turning on lights	