

The Checklist to Perfect Sleep

Create a Lifestyle that Encourages Great Sleep

- ✓ Drink at least 64-ounces (2L) of water a day.
- ✓ Stay active, exercise at least three days a week, and sit for less than eight hours a day (Stand up at least one min per hour).
- ✓ Stop drinking caffeine after 2 pm.
- ✓ Don't have lots of alcohol within four hours of going to sleep.
- ✓ Remove as many stressors as possible from your life.
- ✓ Get rid of, or cover, any lights in your bedroom so that they're not shining while you're asleep.
- ✓ Journal to unwind.

Techniques to Wake Up Early

- ✓ Make sure some natural light can get in to signal to you that it's time to wake up.
- ✓ Be diligent on the weekends for a few weeks to lock in the habit.
- ✓ Only adjust your schedule in 15 minute increments. Don't try to change too much too quickly.
- ✓ Perfect your alarm clock habits so that you never hit snooze. Practice immediately getting out of bed when your alarm goes off during the day so you internalize the process.
- ✓ Change your alarm sound. You might be used to snoozing with your old alarm sound, so switching to a new one will make changing the habit easier.
- ✓ Create a morning routine with things like reading, writing, making coffee, going for a run, or showering, so that you know exactly what you're doing when you wake up
- ✓ Maintain it for 28 days so that it's easy to rebound back to waking up early when you mess up in the future.

Tips for Falling Asleep Quickly

- ✓ Stop looking at any screens one hour before bed Install [Flux](#) on your computer so it doesn't hurt your sleep.
- ✓ Make sure there are no lights in your room that could keep you up or hurt your sleep.
- ✓ Don't do anything besides sleep in your bed. If you want to read at night, use a couch.
- ✓ Set your phone to go on silent every night while your asleep.
- ✓ Make sure your computer is also on silent so that notifications can't disturb you.
- ✓ Ideally, remove all electronics from your bedroom.
- ✓ Pick up a white noise maker so you have some background noise to focus on and fall asleep to.
- ✓ Create an bedtime routine doing things like reading, reflecting on the day, and planning for tomorrow.

Troubleshooting Common Sleep Problems

• How should I clear my head of 9M+ thoughts after climbing in bed?

- Journal to let go of all thoughts in your head (3 things you are grateful for, What could you have done to make today better? How do you feel?)
- Create and stick with a bed routine will help your mind understand it is shutting down mode.
- Remove all technology from your room, it will let your body know this is a sanctuary and there is only two things happening here Sex and Sleep.
- Create your calendar for the next day.

“How to stop tossing and turning all night.”

- Make sure you're only sleeping in your bed, your body might think you should be doing something else.
- Make sure there are no lights, it should be as close to pitch black as possible.
- You might be stressed out. Identify the three biggest sources of stress in your life and get rid of them.

- Make sure you're getting exercise during the day, you're probably not tiring yourself out enough.
- Get a white noise machine so you have something to focus on.

“How do I stay asleep? I wake up around 2 or 3am and have trouble going back to sleep.”

- Remove technology from the room.
- Make sure temperature in your room is cool.
- What is waking you up? Try to remove it.
- Get a sleep mask.
- Get earplugs, my favorite the [Hearos brand](#), they're easy to wear and still allows you to hear your alarm.

“I can't seem to wake up right away, I keep hitting snooze.”

- Put your alarm where you'll have to get up to stop it.
- Make sure you're staying hydrated, at least 64 ounces (2 L) of water a day.
- Make sure you're eating enough. If you're under-eating then it will be harder to wake up because you'll be more fatigued.
- Make sure you're sleeping for long enough, 7 hours bare minimum.
- Make sure your quality of sleep is as good as you can get it.

“Why do we feel more tired if we sleep 9 hours as opposed to getting only 5 hours of sleep?”

- Sleep quality is more important than the quantity of sleep you get.
- Numerous factors are involved.

“I feel really tired all day”

- If you have a caffeine addiction, discourage it as much as possible.
- If you wake up before your alarm, just get up. Going back to sleep will make you more tired.
- Make sure you're staying hydrated.
- Cut back on the alcohol before bed.
- Don't snooze, snoozing makes you more tired.
- Remove all possible sounds and lights from your bedroom so they don't worsen your sleep.