

Track your sleep	Light Wake & walk (within 30 minutes) Lunch walk (20mins) Sunset walk (20mins) Evening lighting - below eye level Limit screens & TV before bed Eye mask/blackout blind	Calm Use senses in nature (no phone) Breathwork , yoga, meditation, gratitude Nose breathing - day & night (Myotape) Warm bath/shower (lowers core body temp.) before bed Wind down routine before bed	Diet Reduce sugary & processed foods, swap for vegetables and fruit Drink 2 L water a day Last snack or meal 3hrs before bed Limit caffeine, alcohol & liquid before bed	Environment Wake & sleep at same time each day Keep bedroom tidy, quiet & comfortable Keep bedroom cool (18C / 65F) Open window for air Use alarm clock in place of phone / turn face around
Add one action from Light, Calm, Diet or Environment each week	<u>Wk 1 - add action here</u>	<u>Wk 2 - add action here</u>	<u>Wk 3 - add action here</u>	<u>Wk 4 - add action here</u>
Mon.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Tues.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Wed.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Thurs.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Fri.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Sat.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10
Sun.	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10	Sleep score 1 to 10