

# WEEK

# 1

HABIT: SLEEP

MONDAY

TRY A DIGITAL  
SUNSET  
(NO ELECTRONICS  
AFTER  
8:00 PM)

TUESDAY

SET A CONSISTENT  
WAKE-UP TIME FOR  
THE WEEK

WEDNESDAY

GET 10 MINUTES OF  
DIRECT SUNLIGHT  
WITHIN AN HOUR OF  
WAKING UP

THURSDAY

CUT ALL CAFFEINE  
BY 2:00 PM

FRIDAY

OPTIMIZE YOUR  
ENVIRONMENT  
(COOL, DARK,  
AND QUIET)

SATURDAY

ALLOW FOR 7-8  
HOURS OF SLEEP

SUNDAY

PREP YOUR  
"SLEEP KIT"  
(CLEAN SHEETS,  
EYE MASK,  
OR WHITE NOISE)

GOAL:

REGULATE YOUR  
CIRCADIAN RHYTHM  
AND IMPROVE  
RECOVERY