



Sleep Better: A Practical Guide

Small changes that help you fall asleep and stay asleep

Sleep affects nearly everything — mood, energy, focus, and even your immune system. The good news: small, consistent changes can make a real difference.

Sleep Hygiene Basics

- Keep a consistent sleep and wake time, even on weekends.
- Make your room cool, dark, and quiet.
- Limit screens 30-60 minutes before bed.
- Avoid caffeine in the afternoon and evening.
- Avoid alcohol close to bedtime — it disrupts deeper sleep.

Build a Wind-Down Routine

1. **60 minutes before bed:** Dim the lights and finish up screen time.
2. **30 minutes before bed:** Light stretching, reading, or calming music.
3. **10 minutes before bed:** A brief gratitude note or breathing exercise, then into bed.

If You Can't Fall Asleep

- Avoid clock-watching — turn it away from view.
- If you're awake more than 20 minutes, get up and do something calm in low light, then return when sleepy.
- Save your worry list for the daytime — write it down so your mind can let it go.

COACH'S TIP

Consistency matters more than any single "sleep hack." Pick one or two changes and stick with them for two weeks before adding more.

DESIGN YOUR WIND-DOWN ROUTINE

60 minutes before bed, I will:

30 minutes before bed, I will:

10 minutes before bed, I will:

My target bedtime and wake time:
