

# 3 Sleep Tips to Action Each Night

Here is my suggested list of tips you can action each night that will help you get the best results

## Night 1

Write down your 3 sleep tips that you are going to action tonight:

1. Prepare for tomorrow
2. Darken your room
3. Listen to relaxing music

## Night 2

1. Set alarm to go to bed
2. Stop interacting with technology before bed
3. Wash away your worries

## Other changes to action each night this week:

### Night 3

1. Have a night time snack
2. Avoid alcohol
3. Reduce outside noise

### Night 4

1. Go to the bathroom before bed
2. Temperature regulation
3. Do not fall asleep with the TV on

### Night 5

1. Make sure you are tired
2. Consume caffeine sensibly
3. Minerals and nutrition for relaxation

### Night 6

1. Develop a regular sleep routine
2. Reduce stress
3. Avoid all recreational drugs

### Night 7

1. No LED alarm clock
2. Snooze control
3. Light exposure

Total changes implemented 21 changes

**Go You!!!**