

SLEEP PROTOCOL

1. Choose a wake up time *that you can stick to every day*
2. Put your alarm clock on the other side of the room so that you will have to get out of bed to turn it off. No snoozing!
3. Go to bed 6 hours before your wake up time
4. One hour before bedtime, do about 30 minutes of light exercise
5. 30 minutes before bed, brush teeth, etc and do some reading with a low light level
6. Don't nap during the day, especially in the evening

Since 6 hours in bed is too little for most people to sustain, within a few weeks, you will likely be very tired by bedtime and fall asleep shortly after getting into bed. Once you are falling asleep shortly after getting to bed, you can begin to make your bedtime earlier in 15-20 increments so that eventually you are getting 8 hours of sleep.

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