



QUALITY SLEEP

By now you've learned that it's not just about getting the proper amount of sleep - you also need to set yourself up for deep, restful, quality sleep.

THE FINAL PIECE OF THE PUZZLE

You should have completed **The Defend your Last Hour™** Guide and started to discover what works best to set yourself up for optimal sleep. Now it's time to craft your ultimate bedtime routine!

THE DEEP SLEEP PLANNER

This tool is meant to help you implement daily habits that will set you up for a great sleep. Make sure you put away your devices one hour before you'd like to be asleep, and then create a ritual that will calm your body and mind down. Experiment with different routines to see what works best. Everyone is different so your routine is going to be unique to you.

HOW TO USE THIS TOOL

This tool should be done after you've completed **The Defend your Last Hour™** Guide as that will help you get a good idea as to what pre-bed activities help you have a restful and deep sleep.

This tool can be used as needed and on an ongoing basis. You might find that you need to tweak your pre-bed activities for a while until you find the routine that is right for you.

STEPS

Set your bedtime alarm

In the table on the back side of this sheet, write down your ideal wake time, sleep time, and bedtime alarm:

Wake Time

The time you need to wake up.

Sleep Time

The time you need to be asleep based on the time you need to wake up and the number of hours you need (for adults generally 7-8 hours).

Bedtime Alarm

1 hour before your Sleep Time.

Set yourself up for a deep sleep

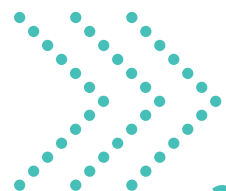
Write down the routine that you'd like to follow every night to set yourself up for a deep and restful sleep.

E.g. Put away devices, take a warm bath followed by a cool shower, read in bed, do a short yoga/meditation practice, etc.

Put this up somewhere where you can see it and try to follow this routine on a daily basis.

Post-assessment

It might take a while to figure out what routine is best for you. Play around with what works for you and make adjustments where you need to.





EXAMPLE

SET YOUR BEDTIME ALARM

Ideal Wake Time: 6:30am

Ideal Sleep Time: 11:00pm

Bedtime Alarm: 10:00pm

	Time	My Deep Sleep Strategies
2 hr before sleep	9:00pm	Talk with friends. Watch TV
60 min before sleep	10:00pm	Bedtime alarm goes off - put away phone
40 min before sleep	10:20pm	Prep lunch/snacks for next day
20 min before sleep	10:40pm	Short calming yoga practice
Lights out	11:00pm	Lights out

POST-ASSESSMENT

Mind is still racing when I try and sleep. Might need to read fiction in bed instead of or in addition to yoga.

THE DEEP SLEEP PLANNER™

SET YOUR BEDTIME ALARM

Ideal Wake Time:

Ideal Sleep Time:

Bedtime Alarm:

	Time	My Deep Sleep Strategies
2 hr before sleep		
60 min before sleep		
40 min before sleep		
20 min before sleep		
Lights out		

POST-ASSESSMENT