Sleep Better.

7 DAY CHALLENGE

	ROUTINE	ENVIRONMENT	WELLNESS
DAY 1	Read for 10 Minutes prior to bedtime	Evaluate your sleep space for disruptors (light, noise)	Stop drinking caffeine at least 6 hours before your planned bedtime
DAY 2	Set a bedtime and wake-up time you can stick to	Set your bedroom temperature between 60-67degF for quality sleep	Turn off your phone and all electronics 1 hour before bedtime
DAY 3	Meditate for 10 Minutes prior to bedtime	Darken your sleep space prior to bedtime	Plan tomorrow's meals or snacks with nutrients that help you sleep
DAY 4	Stretch for 5 minutes prior to bedtime	Relocate all electronics from bedroom to a different area	Drink at least 8 cups of water throughout the day
DAY 5	Meditate for 10 Minutes	Evaluate your mattress and pillow for quality and comfort	Make time for a brisk 15 minute walk
DAY 6	Drink a cup of herbal tea prior to bedtime	Test the humidity in your bedroom (best for sleep is 30-60%)	Avoid alcohol within 2 hours of bedtime
DAY 7	Stretch for 5 minutes and meditate for 5 minutes	Try using a sound machine for 20 minutes while falling asleep	Make time for a brisk 30 minute walk