

## Getting a Good Night Sleep

How to get a good night sleep in 3 steps.

### **1. Step One: How many hours of sleep do you need?**

- a. If you are thinking less than 7-9 hours guess again. According to sleep researcher Your chance of not needing 7-9 hours sleep are as rare as getting struck by lightning. **If you're not sure, start with 8 hours.**
- b. Write the number of hours you need to function at an ideal level here \_\_\_\_\_ and the minimum to function here \_\_\_\_\_.

### **2. Step Two: Determine Your Wake Time to Calculate Your Bedtime**

- a. What time do you need to get up? \_\_\_\_\_
- b. Then count back 7-9 hours
- c. I need to get up at \_\_\_\_\_, 7-9 hours earlier is \_\_\_\_\_. This is your bed time.
- d. Example if you need 8.5 hours to function optimally and you have to get up at 6am, your bed time is 9:30pm (8.5 hours before 6am is 9:30pm)

### **3. Step Three: Think 10/3/2/1/0**

- a. 10 hours before = No Caffeine  
Caffeine interrupts sleep patterns. It takes 6 hours to process half of the caffeine you drink. So, if you drink two cups at 4pm you still have one cup in your body at 10pm. To make this practical, if your bedtime is 9:30pm no caffeine after 11:30am.
- b. 3 hours before = no food or exercise, this is not absolute, just shown to help sleep.
- c. 2 hours before = no more work and dim screens. Screens decrease our melatonin.
- d. 1 hour before limit light exposure and stop all screens (some experts say to stop screens 2-3 hours before) this is especially helpful if you are waking at 3-4 am.