

The Patterns of Living column summarizes the Rules of Thumb recommended by Sleep Experts. Use this work sheet as a reminder and tool for personalizing these patterns to your individual needs, priorities, and doability.

1. Ideal Habit:

Write down your **personalized** version of the Ideal Habit you would like to work towards at this time.

- a. Don't worry about it being just right the first time.
- b. Discover by doing. Give yourself permission to adjust as you learn what does or does not work for work for you.

2. Doable New Behavior List & Cue.

List a few small behaviors you would like to turn into habits then assess doability.

For each one, ask yourself...

- a. What is my cue? Can I link this to a routine?
- b. Do I need another trigger or reminder?
- c. Does this look doable?

Can I realistically do it on a regular basis, on all or most days of the week?

Should I make it a bit smaller to be more doable to get started?

Should I focus on something else that would then make this one more doable?

3. Circle the top 2 or 3 you want to focus on first.

- a. Experiment. If one isn't working out, modify or try something else.
- b. If you're also working on new habits in another area of life, try to keep the combination of all new behaviors to 3, then add more as each becomes routine. Three new behaviors appear to be the magic number – not too few to be inconsequential, not too much to stick with.

4. Celebrate! Identify actions to send a reward message to your brain!

Your brain works on reward – positive feedback!

- a. Decide how you will celebrate every time you do the behavior.
- b. List a few options that feel most natural to you. The associated micro-dose of dopamine helps rewire your brain! Here are my top 3 go-tos:
 - i. High-five – in the air, in the mirror, or my dog.
 - ii. A silent or spoken "Well done", or "You're on your path!"
 - iii. A smile of recognition for one breath.

For more examples, Fogg lists 100 ideas for simple celebrations to give the brain positive feedback in his book 'Tiny Habits'.

TIP. Give yourself permission to adapt and evolve your goals. When you test out and find what is truly doable, repeatable, and rewardable, you discover the magic formula that works best for you!

Informed by the Fogg Behavior Model and the ABC Method as described in 'Tiny Habits. The Small Changes That Change Everything.'

Rule of Thumb	My Ideal Habit	Doable New Behavior	Cue
To Do	<i>Personalize; write down your Ideal Habit</i>	<i>List your options (prioritize later)</i>	<i>Link new behavior to existing routine, trigger, reminder.</i>
Morning Light After Waking 15-30 minutes within 1-2 hours 60 minutes close to a window or very bright indoor lights	30 minute outdoor light exposure within 60-90 minutes	Light Within 90 minutes – Outdoor else indoor with 10k lux SAD light	Qigong (indoor/outdoor) Dog walk when get another dog
Evening Light Avoid bright & blues; use warm lights; dark bedroom	Dimmed, warm light 3 hours before bed	Dim lights 1 hour before bed	Google home speaker alarm; Watch alarm
First Bite/Sip of the day 2+ hours after waking (Min 1 hr)	Water only 2 hours after waking	Drink water only first 60 min of waking	Finish hair drying
Last Bite/Sip of the Day 2-3 hours before bedtime	Last sip/bite 3 hours before bed.	Last Sip/bite +1 hour before bed	Brush teeth after dinner
TRE (Time Restricted Eating) 8-10 Hour eating window; 11-12 hour minimum.	9 hour eating window (9:30AM to 6:30pm)	12 Hour eating window (7:30am-7:30pm)	PM: Brush teeth AM: TBD
Exercise/Movement Daily. 30+ min; outdoors ideal	45+ minutes movement (exercise or activity)	Walk after lunch or dinner; Test which best	Clean-up complete
Sleep Optimization	Use Sleep Habits Playbook worksheet. Goto Sleep Hub		
To Prepare	What is my ideal environment?	What can I do now?	What's missing that I'll set up?
<i>Cross check with Sleep Habits Playbook</i>			Pick 3 behaviors to start with - look for overlaps!
<i>Automate Reminders for evening light</i>	Dimmable lights; low table lamps, candles	Candles; warm or red light bulbs in lamps	Install dimmer switches – Bedroom, living room, bathroom; buy SAD light.
My Celebration Options:	1. Air High-Five to self.	2. Smile & reflect for one breath	3. Silent "Well done. You're on your path".

Behavior model Informed by the Fogg Behavior Model and the ABC Method as described in "Tiny Habits. The Small Changes That Change Everything". Circadian Rules of Thumb informed by Satchin Panda's recommendations in "The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight".