



SLEEP HYGIENE TO DO BASICS

The foundation for everything

Tap into your superpower. Make everything more doable!



Get 7-8 hours

Some people may need more/less; may change over time



Timing - Same Bedtime, Same Wake-time

7 days a week (includes weekends, most of the time)

Consider 80/20 rule (or 90/10) – life is meant to be lived!



Sleep Cave – Cool, Dark

$\leq 18^{\circ}\text{C}$ (64F)

Black-out blinds or eye mask; Remove or cover electronic lights



Avoid Eating and Exercise Too Close to Bedtime

2-3 hours ideal – avoid missing rest, repair and restoral window

Body must prioritize digestion first.

Avoid intense exercise 60-90 minutes before to avoid elevated heart rate and body heat. Need to cool down to sleep deep



Make Light Exposure Your Super Tool

Morning Sunlight Exposure 1st Hour after waking: Sets body clocks for the day and night! Dark mornings up north? Consider 10k lux “Sad Lights”

Afternoon/early Evening Light: Reinforces CR

Inoculates (to some degree) evening artificial light

No Bright lights 1 hour before bed or during wake-ups;

Consider red lights / red night lights in bathrooms

Explore links to expert resource details at

AgeSmartLiving.com/playbooks/sleep