

Pattern of living	My Ideal Sleep Habit	Doable New Behavior	Cue
Rules of Thumb	<i>Personalize; write down your Ideal Habit</i>	<i>Enter your 1st most doable, repeatable steps towards goal</i>	<i>Link new behavior to existing routine, trigger, and/or reminder.</i>
Sleep Routine 7-9 hours of sleep 7 days a week +/- 30 minutes sleep/wake times <i>Schedule for total opportunity time</i>	Sleep Hours: Bedtime: Wake time:		
PM Low Lights 1+ hour before bedtime	Lights Dimmed by:		
Wind Down Routine 30-60+ minutes before bedtime.	Minutes Before Bedtime: Start By: Activities:		
Morning Light After Waking 15-30 minutes within 1-2 hours 60 minutes close to a window or very bright indoor lights	Start By: Activities:		
Time of Day to Start Avoiding: Caffeine_____ Alcohol _____ Food _____ Exercise _____ Bright Lights _____ Other? _____			
Prepare Environment	What is my ideal environment?	What can I do now?	What's missing that I'll set up?
Cool, Dark Bedroom (65-67F or about 18C)			
Warm, low light sources table lamps, candles, dimmers			
My Celebration Options:	1.	2.	3.

Informed by the Fogg Behavior Model & the ABC Method as described in 'Tiny Habits. The Small Changes That Change Everything.'
Sleep protocol Rules of Thumb informed by Matt Walker's book "Why We Sleep".