

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. Expect future revisions!
- 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 a second trigger or a 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 an automatic routine (a habit). 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 JC's top 3 go-to celebrations:
 - i. High-five to my dog.
 - ii. A silent or spoken "Well done, You're on your path!"
 - iii. A smile of recognition for one breath.

Need more ideas on how to celebrate? Fogg shares 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 and repeatable, 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.'

Pattern of Living Goal	Doable New Tiny Behavior	Cue: Existing Habit (Best) or Reminder	Reward, Celebration	Preparation / Support
<i>What pattern of living do I want to build?</i>	<i>What new habit would be doable, repeatable & get me closer to ideal pattern?</i>	<i>What routine, habit or reminder can I link this to?</i>	<i>My brain's reward will be celebrating by... which will ultimately lead to....</i>	<i>What can I prepare in my environment? What will make this more doable?</i>
<p>SLEEP 7-8 Hrs Sleep</p> <p><i>Shift to earlier bedtime (from 12:30am to 9:30pm)</i></p>	<p>Go to bed 1 hour earlier (by 11:30pm)</p>	<p>Screens turn amber 1 hour before bedtime.</p> <p>2nd reminder on Google Home Speaker = 15 minute alarm before bedtime.</p>	<p>“Well done! You are on your path!”</p> <p>Better memory, mental clarity & energy to build more good new habits!</p>	<p>Automate amber screen changes & google home alarm</p> <p>Set up warm light table lamps and candles</p>
<p>SLEEP & CIRCADIAN RHYTHM – FOOD TIMING 12-15 hours TRE</p>	<p>12 hour TRE overnight: 7:30pm – 7:30am</p> <p>Allow herb Tea after dinner; Allow Black coffee or green tea in AM until hit 12 hour TRE.</p>	<p>First coffee & breakfast after dry hair.</p> <p>(Completion of current AM Routine for starting the day: Cup of Matcha Tea → Meditation → Shower → Dress → Dry hair → Coffee/Breakfast)</p>	<p>“Your brain, gut bugs & Mito C’s thank you!”</p> <p>More energy and better ST & LT Brain function.</p>	<p>Writing or research after dinner (distracts)</p> <p>New Habits: 1) No screen entertainment (brain links with eating), 2) Plan meals with protein, fiber & healthy fats for satiety</p>
<p>SLEEP & CIRCADIAN RHYTHM – FOOD TIMING <i>Last bite/sip taken 3 hours before bed.</i></p>	<p>Last byte to eat and drink (other than water) no later than 1 hour before bedtime.</p>	<p>Brush teeth after last meal.</p>	<p>“Well done girl! This will give you more time to enjoy your evening!”</p> <p>Make note of feeling more energy, focus, and ‘lighter’.</p>	<p>Make a pot of hot water with lemon or peppermint tea to sip on if warm water doesn’t work.</p> <p>Remove traditional evening snack items (or make very hard to get to!)</p>

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