		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LVL 1	Identify as a professional sleeper							
LVL 2	Consistent bedtime							
LVL 3	Wind-down routine							
LVL 4	Eat early							
LVL 5	Avoid stimulants (alcohol, caffeine)							
LVL 6	Regulate evening light							
LVL 7	Optimal temperature							
LVL 8	Peaceful sleep environment							
LVL 9	Morning light							
LVL 10	Gather data							