Sleep Cheat-Sheet

- Sleep quality is more important than duration
- Take a nap for better memory, performance and alertness
- Sleep incubation - work with something you want to learn before bed

- Avoid bright light from electronic devices 1-2 hours before bed
    - Dim screens on electronic devices
    - Download f.lux: https://justgetflux.com/
    - Dim all lights
    - Consider blackout (light blocking) curtains
- Apps
    - Twilight
    - Sleep Cycle

- Pre-sleep activities should be relaxing
    - Reading biographies
    - Avoid too technical or stimulating how to books
    - Avoid stimulating music
    - Work out 5-6 hours before bed

- Counteract sounds in the environment with white noise or ear plugs
- Right bedroom temperature: 65°F or 18°C
- Use bedroom only for sleeping and intimate activities
- Cut caffeine at least 6 hours before sleep
- Supplements
    - L-Theanine
    - Melatonin
    - L-Ornithine
    - Magnesium
    - Tryptophan