**Write up your experiment in this format: Follow steps 1 through 5 of the scientific method:**

1.State the problem: Write down what you feel you need to improve and why – give details.

1.Sleep I don't sleep well. Usually, I go to the bed about 10pm. But I don't sleep immediately so many thoughts and ideas wouldn't leave my mind. I have couple presentations, movies, business plans ...

And I do lucid dream. I always feel what I'm dreaming when I am sleeping.

2.Gather information: Write ideas from the lecture that you feel would be useful for improving in ways that you need.

Nutrition and Exercise need to be balanced.

Avoid salt, sugar, and fat. 8 essential elements can be found in vegan foods. Any of from beef, fish, egg etc. all contain 22 elements. But we don’t need to eat all of them. It makes human body unbalanced. Variety of food is the best.

Stretching the body, calm walking in natural, feeling the sun, wind, and listening natural sound. Daily routine was good exercise too.

3.Make your hypothesis: “If I (example: cut out sugar, eat a more balanced diet, go to bed early), it should help me (think more clearly, have more energy, feel better, etc.). Make it through.

I need a special technique for sleep on time or early. Need a personal discipline. Listen my body what it says. Do understand who you are.

4.Experiment: Write down exactly what you did and how you did it.

Last night I went to my bed early, right before that time I watched boring unnecessary video lessons. I get sleepy and tired. I did turn off everything tries to keep my mind empty then I awake up morning at 6 am sharp without a silly dream.

5.Gather and analyze data: How did it go? Did you notice any immediate results? Give details. (you’ll add to this as the 2 weeks pass

The bedroom must be a clean cool air temperature and sound blocked. Right fitting comfort, and hybrid mattress. No coffee or caffeine even drinking water after 9pm. No special events after 6 pm including movies and fiction books. Read or watch boring things. Clean up my mind.