1. What would be an ideal time to go to sleep? \_\_\_\_\_\_\_\_\_

2. Dim your lights \_\_\_\_\_\_\_\_ minutes before bed

3. What are you going to do 30 minutes before you go to bed?  \_\_\_\_\_\_\_\_

4. I need to wake up at \_\_\_\_\_\_

*Make sure there are 7.5 hours - 9 hours, depending on your sleep cycle duration, between 1.& 3.*

5. At what time are you going to stop drinking caffeine?  \_\_\_\_\_\_

6. What should you do first when you wake up? \_\_\_\_\_\_

7. When you have a night out with friends how many drinks are you going to have? \_\_\_\_\_\_