

Sleep Smarter

Your Personalized Sleep Blueprint

Custom sleep schedule based on your unique needs

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Executive Summary

Your Sleep Profile

You need to wake up at 7:00 AM. Based on this, we've calculated your ideal bedtimes to ensure you wake up feeling refreshed.

Based on your input, we've created a personalized sleep schedule that aligns with your body's natural 90-minute sleep cycles.

Key Recommendation: Aim for 9:30 PM (6 cycles) for optimal sleep whenever possible.

Your Custom Sleep Schedule

Choose from these options based on your schedule and needs:

OPTIMAL

9:30 PM

6 cycles

9 hours of sleep

Recommended for daily use

GOOD

11:00 PM

5 cycles

7.5 hours of sleep

Good alternative

MINIMUM

12:30 AM

4 cycles

6 hours of sleep

Use occasionally



Pro Tip

Set multiple alarms: one for your ideal bedtime as a reminder, and another for your wake time.

The Science Behind Your Schedule

Sleep occurs in 90-minute cycles that alternate between light sleep, deep sleep, and REM (dream) sleep. Waking up between cycles—rather than in the middle of one—helps you feel more refreshed and alert.

Why This Matters for You:

- Your schedule is calculated based on 7:00 AM as your wake time
- Each option represents a complete sleep cycle (3 total cycles)
- The 14-minute buffer accounts for the average time it takes to fall asleep

7-Day Sleep Optimization Protocol

Follow this daily plan to improve your sleep quality starting tonight:

Day 1-2

Foundation

- Digital sunset 1 hour before bed
 - Consistent wake time
- Morning sunlight exposure

Day 3-4

Environment

- Bedroom at 65-68°F
- Complete darkness
- White noise if needed

Day 5-6

Routine

- Pre-sleep wind-down
- Caffeine cutoff by 2 PM
- Evening hydration strategy

Day 7

Integration

- Review progress
- Adjust as needed
- Maintenance plan

Troubleshooting Guide

If you miss your bedtime:

Use the next complete cycle option. For example, if you miss your 10:00 PM bedtime, aim for 11:30 PM (one full cycle later) rather than 10:30 PM.

Recovering from poor sleep:

Stick to your wake time the next morning, even if you slept poorly. This helps reset your circadian rhythm.

When to use each option:

- **Optimal (green):** Daily use for best results
- **Good (blue):** When schedule is tight
- **Minimum (yellow):** Occasional use only

Premium Resources

Recommended Apps:

- Sleep Cycle (sleep tracking)
- Headspace (meditation for sleep)
- f.lux (blue light reduction)

Further Reading:

- "Why We Sleep" by Matthew Walker
- "The Sleep Revolution" by Arianna Huffington



Exclusive Offer

As a Sleep Smarter user, get 20% off our premium sleep coaching program. Visit sleepsmarter.io/premium to learn more.

Sleep Smarter

Helping you wake up refreshed, every day.

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