

# How to Make Better Sleep

**Purpose:** Give 5 quick habits that improve sleep quality.

## Key Points (5 habits)

- 1 **Keep a fixed wake-up time** (even weekends).
- 2 **Get daylight in the morning** for 10–20 minutes.
- 3 **Avoid caffeine after 2 PM** (coffee, energy drinks, cola).
- 4 **Reduce screens 60 minutes before bed** (or use night mode + low brightness).
- 5 **Do a short wind-down routine:** warm shower + 5 slow breaths + write tomorrow's top 3 tasks.

## Why it helps (1 sentence each)

- Fixed wake-up time stabilizes your body clock.
- Morning light signals “daytime,” making night sleep easier.
- Late caffeine keeps your brain alert longer.
- Screens can delay melatonin and keep you stimulated.
- Wind-down lowers stress and prepares your body for sleep.

## Mini checklist

- ■ Wake up same time
- ■ Morning sunlight
- ■ No caffeine after 2 PM
- ■ Less screens at night
- ■ Wind-down routine

*Test prompt idea:* “Give a 3-bullet summary of the attached PDF.”