

7-Day Sleep Jumpstart

Better Sleep in One Week

One nightly action, about 5 minutes. Simple, science-backed tips to fall asleep faster and wake up refreshed.

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Day 1	Light Dim overhead tmp lights 60 minutes before bed. Nighty action to lamps or warm bulbs est melatonin.
Day 2	Caffeine No caffeine <u>a</u> fter 2 PM. Replace with herbal tea or water to avud sleep disruption.
Day 3	Temperature Aim for 60–67°F bedroom. A cooler environment increases deep sleep.
Day 4	Screens Park your phone outside the bedroom. Use a simple alarm clock instead.
Day 5	Wind-Down Write a 3-line “tomorrow plan” to offload worry. Try 4-7-8 breathing (4-mines).
Day 7	Morning Light 60 minutes of waking (15 min)1 5-10 minutes of natural daylight anchors deepy clock.