PERFECT EVENING ROUTINE FORMULA



How To Hack Your Sleep

The largest sleep study conducted shows that sleep **quality** is more important than **quantity**

DO THIS BEFORE GOING TO BED

2 HR BEFORE

- [ ] Eat you last meal
- [ ] Don’t workout within two hours of going to bed
- [ ] Avoid bright lights (use blue light block glasses)

1 HOUR BEFORE

- [ ] Stop drinking water
- [ ] Write down your Most Important Task for Tomorrow

30 MIN BEFORE

- [ ] Turn off all screens
- [ ] Put phone on airplane mode
- [ ] Track your sleep quality (Sleep Cycle App)

SLEEP

- [ ] Sleep in a pitch-black room
- [ ] Sleep in a cold room