



MORNING ROUTINE

30-day challenge

THIS WEEK'S FOCUS: GETTING ENOUGH QUALITY SLEEP

You can't pull water from an empty well. Which is why you need to get enough sleep if you want to wake up with the energy you want. This week is all about improving sleep quantity and quality by building a great nighttime routine.

- Day 1* Figure out when you need to go to bed to wake up when you want while getting enough sleep (around 7-9 hours). Start your wind down 1 hour before that bedtime.
- Day 2* Screens can mess up your circadian rhythm and make it harder to fall asleep. Today, start to eliminate screens at least 2 hours before bedtime.
- Day 3* Eliminate the light sources in your bedroom to try and make it as dark as possible during your sleep. Bonus: Keep your room nice and cold.
- Day 4* Tonight you will add some form of self care to your wind down routine. Try stretching, reading, relaxing yoga, meditating, taking a hot bath, or catching up with your partner.
- Day 5* Prepare for your morning by setting out your clothes for the next day. If you want to exercise, set out your workout clothes!
- Day 6* What's been your biggest obstacle to getting to bed on time and getting enough sleep? Make a plan to overcome that obstacle.
- Day 7* Work on establishing the habits from days 1-6 to prepare for the next week's challenges!

HOW DID YOU DO THIS WEEK?