

Tiny Habits® | for Better Sleep

1. After I hear my alarm in the morning, I will get up without hitting snooze.
2. After I put on my shoes in the morning, I will go outside to soak in the natural light.
3. After I finish eating lunch, I will get outside into the natural light of the sun.
4. After I decide to take a nap, I will set an alarm so I don't sleep for more than thirty minutes.
5. After I see it's past three p.m., I will drink water instead of coffee.
6. After I arrive home from work, I will charge my phone in the kitchen, not in the bedroom.
7. After I put dinner in the oven, I will take a magnesium supplement.
8. After I turn on the dishwasher in the evening, I will dim the lights around the house.
9. After I turn on the first light in the evening, I will put on glasses that block blue light.
10. After I turn on the TV at night, I will take a melatonin supplement.

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11. After I finish watching Jeopardy! on TV, I will start my bedtime ritual.
12. After I see it's past eight p.m., I will stop using electronics and staring at screens.
13. After I lock the doors at night, I will turn down the thermostat to seventy degrees.
14. After I floss my teeth at night, I will turn on my white-noise machine.
15. After I turn on my white-noise machine, I will close my curtains so the room is entirely dark.
16. After I close the curtains, I will spray a little lavender scent in my bedroom.
17. After I get into bed and I'm not sleepy, I will open a relaxing book to read in a dimly lit room.
18. After I want to get up in the middle of the night, I will lie back down for about fifteen seconds.
19. After I keep looking at my clock at night, I will turn the clock around so I can't see it.
20. After I start to worry about a problem at night, I will say, "That can wait until tomorrow."

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