



**14-DAY**

*Challenge*

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## Create a Bedtime



Turn off your lights 8 hours before your alarm goes off in the morning.

Bedtime? Whoa... adult bedtime? Yep! That's right, your first step is to establish a bedtime. Lights must be out 8 hours before your alarm is set to go off in the morning. YES, 8 full hours!! This first step is actually the most important step to get those close to you on board. Whether it's your college roommate or your 5-year-old, talk to others who share your space and let them know you now have a bedtime. Kids are the best helpers when it comes to this step. They will love to remind you not to stay up past your bedtime. What if my schedule shifts around often? Does it have to be the same time each night? Life happens. I think it's best, especially during the challenge, to have a set time. But as long as you account for your 8 hours in bed, your 'lights out' time can move to fit your day-to-day life. Consistency is important though: make sure the priority is at least 8 hours every single night!

## WHY?!



The single biggest barrier to getting the sleep we need is giving our bodies the opportunity! By making sure that your lights are out a full 8 hours before your alarm goes off in the morning, you are setting the stage for some great sleepy things to happen.

## PRACTICAL TIP



A visual reminder is a great way to help those you share a living space with to be respectful of your new bedtime. It can also be something with which you can have a lot of fun.

## PRO TIP



If this is something that is already easy for you, and you feel that you are someone who needs more sleep than you typically get, move your bedtime to a half hour earlier than your typical bedtime now.

## KIDS TIP



Of course, kids need a regular and consistent bedtime too! It just needs to be earlier because kids need more sleep than grown-ups! A bedtime between 7pm and 8pm will likely be right on target for kids to get the 9 to 14 hours they need (depending on age) and be up on time for school and other activities in the morning.

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## Wear your Amber Glasses!



Wear amber-tinted glasses for the last two hours before bedtime.

“I wear my sunglasses at night” I know that was going through your head just now. Go ahead and keep on singing it all the way to better sleep...I do!! Amber-tinted glasses, while they may feel a bit silly at first, really help your body get ready to go to bed. Put them on 2 hours before bedtime and remember to also keep your lights dim.

Going to be out in public 2 hours before your new bedtime? No worries, these glasses have been gaining popularity and you can find stylish alternatives [here](#).

## WHY?!



The blue wavelengths of light we're exposed to when we use indoor lighting after dark are arguably the biggest suppressor of our evening melatonin production. By blocking blue light (yes, it can't travel through yellow plastic!), we're helping our brains get the signal that we need to start preparing for sleepy sleep time.

## PRACTICAL TIP



Find yourself without your amber shades? Dim your lights as much as you can and keep all electronics off. If possible, set up a few lamps with red light bulbs for evening use. Need to use your computer? Install f.lux to put an amber glow on your screen.

## PRO TIP



Already rocking your shades at night? You can up your game by also dimming indoor lighting. While the dominant photoreceptors that send signals to your circadian clock are in your eyes, you also have photoreceptors in your skin! Keeping indoor lighting dim (and red, if possible) will help entrench those circadian rhythms even more! Got that down too? How about wearing your glasses for 3 hours?

## KIDS TIP



Kids can wear amber-tinted glasses too! Look for yellow safety glasses that are kid-size! If that's not going to fly, red light bulbs in bedside lamps in their rooms for that last hour or two of the day is a great substitute.

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## Get Meditating



Meditate (mindful or guided) for at least ten minutes daily.

For some, this may be the hardest step: sitting still, not being busy, and just being in your body. Many of you will say “but I could be doing something I really need to do right now!” Every one of us could come up with ten-plus excuses for why we don’t have ten extra minutes per day. However, these 10 minutes will have such positive health impacts once you just surrender to it, improving resilience to stress and regulating cortisol (and therefore improving sleep) being chief among them! Meditation can be so many things (for example, there are many styles of guided meditation) and you may want to try out a few different styles before you pick one you enjoy. During the day (or even shortly before bed), plan 10 minutes for meditation. Choose either a breathing technique or do a guided meditation. There are many great apps like Calm. See a full list of recommended mediation styles [starting here](#).

## WHY?!



Meditation is one of the most powerful scientifically-proven stress management techniques. And, since chronic stress is such a common barrier to good quality sleep, adding meditation to your routine is an important strategy to improve sleep quality. This is especially important if you find yourself waking up in the middle of the night.

## PRACTICAL TIP



Does the idea of meditation seem overwhelming or even uncomfortable? Grab a beginner yoga video off YouTube and follow along for the first 10 minutes. This is an easy way to get past any preconceived ideas about meditation that may be blocking you from this step.

## PRO TIP



Already do some meditation? Take the time to create your own meditation altar. Creating a space just for 'you time' can take your meditation practice to a new place and be a fun project too! Check out this example.

## KIDS TIP



Coloring, jigsaw puzzles, and even some forms of quiet creative play like building with legos can be very meditative for kids and grown-ups alike! Get a double whammy by turning this into a family activity!

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## Get Outside!



Get 30 minutes of bright light exposure daily (this means go outside!).

It may seem hard to carve out yet more time in your day, but this step is easily added once you start to get creative. Plan to take a walk every day and suddenly your 30 minutes outside also becomes 30 minutes of activity (see Day 13! You just got a head start!). Also, make sure not to wear sunglasses! This is all about getting that lovely bright light into your eyes to help send signals to your brain that entrench your circadian clock!

Check out this awesome list of other ideas on how to integrate this regularly into a busy day:

- Walk your dog
- Play with your children
- Take a phone call outside
- Eat a meal outdoors
- Skip the gym, take an outdoor bootcamp class
- Do your shopping at an outdoor mall or farmers market
- Live close to work? Ride a bike instead of driving
- Take your break time outdoors

**PART:**



## WHY?!



Just like our brains need darkness to know that it's nighttime, they need bright (blue wavelength) light to know that it's daytime. And this helps to regulate our circadian clock, which even helps with melatonin production in the evening, thus supporting sleep!

## PRACTICAL TIP



Busy day of errand running? Park the farthest away from entrances all day long! Just can't get outside? Then the best solution is to use a light therapy box for at least 30 minutes per day (preferably in the morning or middle of the day).

## PRO TIP



Already get outside 30 minutes each day? Why not up the ante to an hour? Also, science shows that the circadian rhythm entrenchment is stronger if you're also active outdoors, so a good challenge is to take that 30 minutes for some tennis, outdoor yoga, or a hike!

## KIDS TIP



Kids typically get about 30 minutes of outside play time without trying. Don't be afraid to encourage even more than this for them though! Being outside, playing in nature, and running around is good for them on so many levels!

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## Get a Routine!



Create a relaxing bedtime routine and start at least 30 minutes before the lights-out

Now, this step is going to take a little planning and thought. I want you to map out the 30 minutes before your new bedtime, turning it into a routine you can stick with night after night. My rule here is to keep it simple. Of course, you'll use some of this time to change into your jammies, brush your teeth, remove any makeup, and perform any other personal hygiene habits you like to take care of in the evening. But this step is not about doing 20 things. Instead, it's about doing one or two calming things each night. Some examples: Drink an herbal tea (like chamomile) while listening to calming meditation music, stretch or "roll out" with a foam roller, meditate (may be combined with Day 3), or enjoy a magnesium salts bath. For the purpose of this 14-day challenge, I encourage you to stick with the same things, but as you move past your 14 days, you can come up with a few different relaxing things you enjoy and rotate them.

## WHY?!



It's hard for our bodies and brains to go from busy to asleep! We need time to slowly unwind, relax, and prepare for sleep. And when we take that time, it tends to reduce the amount of time it takes us to fall asleep while also allowing us to get into a deep sleep more easily!

## PRACTICAL TIP



Find yourself still not having 30 minutes each night to take it easy? Is that really true? Do you enjoy a TV show each night? Time to skip it and roll that time into your pre-bedtime routine.

## PRO TIP



Already have a relaxing bedtime routine going strong? Take it to the next level by starting 15-20 minutes earlier.

## KIDS TIP



Even babies need a predictable bedtime routine to prepare for sleep! For your kids, a soothing bedtime routine might involve a bath, getting into their PJs, bedtime stories, cuddles, and lullabies.

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## Don't Eat Just Before Bed



Make a rule not to eat for 2 hours before bedtime.

This step will also take some planning ahead to make sure you leave enough time to eat a healthy dinner. Being prepared food-wise and having a set dinner time during this challenge will make this step a breeze. Another great piece you may add during this challenge is family dinner time! Life can get away from us so easily and we can find ourselves and/or our family buried in electronics at night. Bringing back a set time for family dinner might get some resistance at first, but in the long run it will be a great tradition. Live with housemates? Plan a set roommate dinner each night during this challenge! And keep in mind that there are many other ways that you can tweak your eating habits for optimal sleep (this is coming up in tomorrow's challenge step!).

## WHY?!



When we eat, our metabolism increases, interfering with the work our sleep hormones are trying to accomplish in preparation for sleep.

## PRACTICAL TIP



Live alone but looking for the social aspect of this step? How about finding 8 new restaurants you want to try and making plans with a different friend you have been meaning to catch up with? Talk about a set dinner time (I suggest early so you can be home in plenty of time for your relaxing pre-bedtime routine and an on-time bedtime!) and you can show off your new amber shades after dinner!

## PRO TIP



Got this step down? Science shows that having your last meal of the day 4 to 5 hours before bedtime may be even better for improving sleep quality! If 2 hours is easy for you, try 3 hours! If 3 is easy, try 4! If you already routinely eat dinner 5 hours before bedtime (and the reason for this is not because your bedtime is ridiculously late!), then enjoy today because you've got no extra work to do!

## KIDS TIP



There's no good evidence to support whether or not avoiding eating before bed helps to support sleep in kids. Your kids get a pass on this one. Instead, experiment with dinner timing and bedtiming to see if you can dial in on a good schedule for your kids' sleep.

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## Get 30g of Healthy Carbs!



Eat a serving of starchy carbs with dinner every night, aiming for 30g of carbohydrates from starchy vegetables, and eat at least 30g of carbohydrate in the form of fiber throughout the day.

Eat carbs you say? Day 7, you had me at hello! Time to focus on what's on your plate at that newly-set dinner time. This can be as simple as microwaving a sweet potato or you can try your hand at my Cassava Oven Fries recipe. Other examples of approved starchy carbs include green plantain, acorn squash, parsnips and spaghetti squash. What about rice or white potatoes? I recommend a strict paleo diet as the best nutrition companion to this challenge, although it is not required. Sleep health can definitely be your first step towards creating a healthy lifestyle. For more info on the Paleo diets and its "Yes" and "No" foods [click here](#). The first table has examples of starchy vegetable serving sizes for 30g carbohydrates.

When it comes to getting in your fiber, you don't need to be intimidated! The easiest way to get it all in is to break it up throughout the day (there's no reason to have it all at dinner – that'd be a pretty big meal!) The next table has some examples of fibrous vegetables and the amount you'd need for 30g of fiber. You can see that getting all of these veggies in is no joke! But you can do it with some planning.

30g STARCHY CARBS	SERVING SIZE
Yucca (aka cassava)	2/3 cup
Green Plantain	1/2 cup
Sweet Potato	3/4 cup
Parsnip	1 cup
Acorn Squash	1 cup
Butternut Squash	2 cups

30g FIBROUS VEGETABLES	SERVING SIZE
Kale	10 cups
Cauliflower	3 Medium heads
Brussels sprouts	7 1/2 cups
Broccoli	6 cups
Beets	8 cups
Artichokes	3 medium 'chokes

WHY?!



Our bodies seem primed for slow-burn starchy carbohydrates in the evening. We produce more starch-digesting enzymes in the evening, and studies show that eating a decent quantity of starch at dinner significantly improves sleep! Fiber is a totally essential form of carbohydrates when it comes to maintaining health—it helps to prevent gut dysbiosis and has even been linked with better sleep quality and latency! From what we know, there's hardly too much when it comes to fiber, so go ahead and gobble those fibrous veggies up.

PRACTICAL TIP



Don't try to do everything at once! If you are newly on a path to health don't worry much about the diet piece during these 14 days. Making a big shift in how you eat and how you approach sleep health may be too much. Set a goal to work on your food choices after you successfully complete this challenge. Healthy sleep goes a long way in improving your health, so don't undervalue your efforts!

PRO TIP



Already eating your carbs at night and following a strict paleo diet? Try going sugar-free for the rest of this challenge. Yes, even natural sugars like honey and maple syrup! Keep fruit servings on the moderate side, too.

KIDS TIP



There haven't been any scientific studies to quantify an optimal dose of starchy carbs for kids with dinner to support sleep, but certainly kids benefit from sources of complex carbohydrates. Use your own judgement on this one to find an amount of starchy veggie that your kids will eat happily and still eat the other nutritious foods on their plates.

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## Step Away From Screens



Make a rule to avoid screen time for one hour before the lights-out time.

Do not pass go, do not collect \$200 dollars, go directly to Day 9! If you're wondering what to do during that hour, see Day 9. Totally tricked you into moving a day ahead! But in all seriousness, this is a great time to evaluate what is working and what is not. Look at steps 1-7 carefully and adjust or make changes where you need to. I know many of you will be tempted to say "well, my TV show or social media time is how I relax at night." Having all electronics off is a great way to move toward real connection with others and even yourself. So much of our day is filled with technology that taking an hour off is a-okay, and trust me the internet will be there in the morning.



WHY?!



Not only do screens emit tons of blue light (which interferes with our dim- light melatonin production when used in the evenings), but they're emotionally and cognitively stimulating too! Put them away to protect your circadian rhythms and also to help better wind down and prepare yourself for sleep!

PRACTICAL TIP



Make a list of what in your life would improve with a rested mind and body. Hang this list up where you can see it every day. A strong list of personal why's will help propel you over the next week to completion!

PRO TIP



Start a Journal. Journaling is a great way to improve your mental health. While it's a hard habit for most to stick to, it is a rewarding one. I put together a short and question-prompted mindset journal within the printable Go To Bed Sleep Journal. I also really enjoy The Five Minute Journal.

KIDS TIP



This absolutely goes for kids too! In fact, many medical community recommendations have kids limiting total screen time to under an hour daily! Make the hour before bedtime play time, family time, or wind down time instead!

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## Create More Time to Relax



Start a relaxing bedtime routine at least one hour before lights out.

Now this step is where you really see things come together. You're going to take the 30 minutes you carved out on Day 5 and add 1-2 more relaxing activities. Remember, you can roll up your 10 minutes of meditation from Day 3 into this time as well! The first 30 minutes you want to do something still low key but slightly active and fun! Some great activities you can add in are: reading, jigsaw puzzles, family storytime or gametime, intimate relations/adult time, listening to a podcast, journaling, stretching, light yoga, foam rolling. Some people find simple tasks to be calming and almost meditative: washing dishes, meal prep for the next day, dusting, sweeping. If any of these things sound stressful for you then don't include them in your personalized plan.

## WHY?!



Let's face it: 30 minutes isn't really enough time to shake off the day and slow down enough to really be ready for a good night's sleep. But, jumping into a full hour seemed a bit harsh, which is why this was divided into two steps!

## PRACTICAL TIP



Try to pick out relaxing activities that are already on your to-do list, or maybe ones that should be, i.e., it's perfectly healthy and ok to have romantic relations on a to-do list! And your partner almost certainly won't mind your early bedtime or new eating habits if they come with some extra snuggle time (etcetera, wink wink, nudge nudge)! Also you may find falling asleep even easier. It's a win-win all around.

## PRO TIP



Got an awesome hour-long pre-bedtime routine already in place? Well, you rock! Why not jump onto the Go To Bed Facebook or Instagram and share your successes with others. We would love to hear how you made it a habit and what your unique routine is!

## KIDS TIP



Instead of a full hour of relaxing bedtime routine, your kids may do well with part of this hour being quiet play time (no screens or chasing games) and then moving on to their normal bedtime routine, such as bath, PJs, bedtime stories, cuddles and lullabies!

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## Cut Out Afternoon Sugar



Make a rule to avoid all added sugars after 3 PM.

Ok, now you really don't like me; I know. It's ok; I can take it, but I know YOU can do this! Sugar is so addictive and is a challenge in itself to reign in. But for the next 4 days you can leave the sugar for the first part of your day. Remember this includes natural sugars and nonnutritive sweeteners and large quantities of fruit, although a serving of fruit with dinner is fine. Oh, and just when you were starting to relax and feel like this one isn't the end of the world, remember that alcoholic beverages contain quite a lot of sugar (alcohol itself is a sugar). Where sleep is concerned, it's definitely preferable to not imbibe, but for the sake of this challenge, limiting yourself to one small drink in the evening (and not too close to bedtime) is acceptable. However, if sleep quality remains elusive, I highly encourage you to set aside alcoholic beverages (at least for now).

## WHY?!



This one isn't just about hormone regulation to improve sleep (although it does!). It's also about breaking the habit of using sugar as a crutch to give us energy in the afternoon and keep us awake in the evening. Alcohol gets roped into this one, and not just because of the sugar content: It's also a crutch that many people use with the idea that it helps improve sleep. Yep, we sugar-up in the afternoon and then bring ourselves down with half a bottle of red after the kids are in bed. The trick is that while you might think you're sleeping more soundly after a few drinks, you're really not.

## PRACTICAL TIP



Sugar craving after 3pm? Here are some craving busters: Sip on hot tea or bone broth (What's bone broth? Click [here](#) to find out more). Snack on foods with 'sweet notes' to them; Almonds, carrots, cherry tomatoes, jicama. Take your 30 minutes outside—being active can take your mind out of craving zone.

## PRO TIP



On day 7, I suggested for you to go sugar-free if you were already eating strict paleo. I have a sneaky feeling you may have not proclaimed your pro status then. If not, now's a great time to go sugar-free (ooh, and let's add alcohol-free too)... after all it's only 4 more days!

## KIDS TIP



Kids tend to go to bed even earlier than us, so they may do better with an earlier sugar cut-off time! Instead, indulge their afternoon sweet tooth with whole fruits.

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## Get to Bed Earlier



Adjust your bedtime a little earlier and turn the lights out 8.5 hours before the alarm goes off.

Now hold the phone: this means I have to push up my new hourlong pre-bedtime relaxing routine and my dinner time! Yep, that's right, and I know you can make this shift! Look at the changes you have made and stuck to so far! Give yourself some credit and have faith that you can push this one step further. Just think about the amazing collection of added benefits you stand to gain from this extra 30 minutes of sleep! Lights-out time now needs to be 8.5 hours before your alarm goes off in the morning (the start of your evening routine is still an hour before that, and dinner is still at least two hours before!). I repeat: You CAN do this!! This step is much more of a mental shift though; and while it might take moving around your priorities a little bit, keep in mind it's only 3 more days. And who knows? You may find yourself loving that extra 30 minutes of sleep more than that TV show, time on social media or being busy with all the things that cloud our actual productivity time.

## WHY?!



Remember those 7-9 hours per night guidelines? That's sleep after the average 30 minutes to an hour that it takes to fall into a nice deep sleep. Turning out your light eight hours before your alarm clock goes off is just plain ol' cutting it too close to the very lowest part of that range. And, because we know how essential good sleep is for health, we're aiming for better than just getting the bare minimum!

## PRACTICAL TIP



Really struggling to find that extra 30 minutes? Here are some time saving ideas:

- Shower at night. This could even be part of your hour-long pre-bedtime relaxing routine, especially with the addition of some calming essential oils!
- Lay out your clothes for the next day. If this is not a stressful task for you, then it could also be part of your pre-bedtime routine.

## PRO TIP



If you already set your lights out time this extra 30 minutes earlier on Day 1 of this challenge, try using all the time saving tips above and see how much extra sleep time (or relaxation time) you can get in. Remember that if you still need an alarm clock to wake you up in the morning, you still aren't getting as much sleep as your body truly needs.

## KIDS TIP



Do you need to wake up your kid in the morning to get ready for school? Then they need an earlier bedtime too! This can be tough because so many afterschool activities run quite late into the evening. In fact, this might involve a family conversation as to the best choices to support lifelong health (and whether or not soccer practice should be allowed to be at the expense of sleep).

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## Cut the Caffeine



Make a rule to consume no caffeine after noon.

Coffee and caffeinated drinks are another beast of an addiction. It's a vicious cycle: we don't get enough sleep, so we perk ourselves up with caffeine, then the caffeine stops us from sleeping well, and then it all starts over again. I definitely recommend seeing what caffeine-free life is like for you at some point. But, for the purposes of this challenge, making a noon cutoff is a great place to start. Chances are good that, as you start to sleep better, you'll naturally crave less caffeine in the mornings, which will then help improve your sleep even more! See, the cycle can go both ways! I would also recommend keeping your caffeine to tea, coffee and maybe some dark chocolate (woot!) for this challenge. Soda and energy drinks should just be left out altogether.



## WHY?!



Caffeine is the great destroyer of sleep, and while it can certainly make us feel more alert and energetic, it can't replicate all of the necessary health effects of sleep. It's a crutch for chronically getting insufficient sleep, and one that makes ever getting good quality sleep impossible.

## PRACTICAL TIP



Jonesing for a warm afternoon pick-me-up? Try a cup of buttered bone broth instead. I know it sounds strange, but it's packed with nutrients, can curb appetite, and can help calm sugar cravings as well! Warm up a cup of your favorite sipping broth, add a tablespoon of unsalted butter, ghee, coconut oil or a mixture, blend on high in your blender for 20 seconds and drink away! Find out more about buttered bone broth [here](#). Need a cold pick me up drink? Try a flavored, unsweetened soda water. LaCroix sparkling water comes in a bunch of tasty flavors, and you can add in fresh lemon or lime slices for an extra kick of flavor.

## PRO TIP



If you already do this, make your cut-off time 10 a.m. Um, and I don't mean just power guzzle all your normal caffeinated beverages in a shorter amount of time! Try to stay under 100mg of caffeine daily (30mg is an even better target!). Want to up the ante even more? Go caffeine-free for the next 3 days!

## KIDS TIP



Well, I'm guessing this is an easy one to implement for the kiddos! However, be aware that chocolate can contain a surprising caffeine punch!

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## Get Moving!



Commit to at least 30 minutes of activity every day.

There is a never-ending list of ways you can move for 30 minutes. I always recommend doing something that you enjoy, whether it's a walk, tennis, yoga, or Cross-Fit, because loving what you do to move is critical in maintaining this priority! But, if you're someone who finds it hard to carve out time for movement, here are some timesavers for busy on-the-goers who don't already have a regular workout routine they enjoy. Heck, even if you already hit the gym a few days a week,

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these are great tips for days you don't workout.

- Active job that keeps you moving all day? You're set!
- Stuck at a desk all day long? Use your lunch break to walk, if you are allowed to eat other times at work
- Ask if you can use a treadmill desk, DeskCycle or FitDesk Elliptical Trainer
- Got a long phone call? See if you can take it in a place you can pace back and forth while you talk. Better yet, take the call outside!
- Shopping/running errands is a great time to get in some movement.
- In school most of the day? Park far away from school and walk 15 min each way.
- Live close enough? Bike to school
- Combine your social time with movement when possible.
- Stay at home mom? Well you're set, kids will keep you moving all day!
- Planning a set play time, whether outdoors or indoors, will have your kids excited and help you stick to your goal! Plan a trip to the park, a game of Twister, a dance party to your kids' favorite

WHY?!



This step is really a three-for-one. Movement helps entrench circadian rhythms, reduces stress, and overall regulates just about every hormone known to affect sleep quality. Bonus: movement by itself improves health and reduces risk of chronic diseases. Getting this step down today is an all-round win!

PRACTICAL TIP



Keep it simple and make it fun! Following these two simple rules will ensure you move for at least 30 minutes each day, while not feeling like it's a chore or yet another thing you have to do.

PRO TIP



Try setting up some fun fitness goals for yourself to work towards. Maybe sign up for that fitness race or competition you always wanted to try. Having a goal will keep your motivation high and your time spent moving will be highly valued.

KIDS TIP



Kids just seem to crave activity, so there's no reason to sign them up for a fitness class every day of the week (although classes for skilled activity can be a great way to get your kids into hobbies that will increase lifelong activity levels!). Instead, just send them to the yard or head on over to a local playground! Or, make an afternoon walk a family activity and share in this time with your kids!

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## Go to Bed Even *Earlier!*



Adjust your bedtime even earlier and turn the lights out 9 hours before the alarm goes off in the morning.

Yep, that's right, even more sleep tonight! Lights out 9 hours before your alarm goes off in the morning. This will put you right on track to match the yearly average amount of time slept by hunter-gatherers and other peoples who live in the absence of electricity and in sync with the sun. Nine hours in bed every single night is a really good goal for most people (from a health perspective), although I know that it requires commitment to maintain. You get to decide tomorrow if you want to stay with this early bedtime moving forward, but I want you to try it for tonight to see how you feel in the morning!

How can you tell if your bedtime is dialed in? It's healthiest to get the same amount of sleep every single night, so if you find that you're still enjoying sleeping in on the weekends, that's an indicator that your bedtime needs to be earlier during the week!

## WHY?!



“So why 9 hours? I thought 8 was optimal!” Well, first and foremost, 9 hours in bed does actually typically mean 8 hours of sleep for most people. And, while this early bedtime may actually be more sleep than you need, I want you to try it out. Generally, if your alarm has to sound in order for you to wake up on time, then you’re not yet going to bed early enough to get the right amount of sleep for your body.

## PRACTICAL TIP



Feeling stressed by yet again working in another 30 min of nonproductive time? It’s really a matter of mindset. Think about it as a split. 15 minutes at night, 15 minutes in the morning. By thinking about it as 15 minutes, it all of a sudden becomes an achievable task. Also remember that getting enough sleep will improve your productivity during the day: you’ll get more done in the same amount of time, freeing up more time to nurture yourself by getting the sleep your body needs!

## PRO TIP



Since you are a Rock Star at getting long, consistent sleep, I would urge you to pick a step you are not such a pro at and try to up the ante on it for your last day. Can you do better at avoiding afternoon sugars? Can you reduce caffeine intake even more? How about adding a second meditation session during the day?

## KIDS TIP



Just like you needing to sleep in is an indicator that your bedtime isn’t early enough during the week, the same holds true for your kids. And yes, even though 6 am can feel wrong on the weekends, feeling bright-eyed and bushy-tailed first thing in the morning every single day of the week is actually a great sign that you and your family are consistently getting the sleep you need!