

RESTORATIVE SLEEP HYGIENE ROUTINE

DAILY HABIT

M

T

W

T

F

S

S

Consistent Wake-up Time

Morning Sunlight Exposure (15m)

No Caffeine After 2:00 PM

Physical Activity/Movement

Digital Detox (1hr Before Bed)

Dim Lights / Warm Lighting

Cool Room Temperature (65F/18C)

Relaxation (Reading/Meditation)

Weekly Reflections & Observations: