The Complete Guide to Sleeping Well Every Night



Example

You can develop daily habits that will improve the quality of your sleep.

Optimize your routine for better sleep. Whether you struggle with falling asleep or staying asleep, "From Dawn to Dusk" is your ultimate guide to achieving a restful and rejuvenating night's sleep and it starts the minute you wake up.

Start the day with a device free moment to yourself.
You can add your own notes here.
What time in your day can you do this?
Tick this box when complete.

00:00		
Start the day with a device free moment to yourself.		00:00
	00:00	Allow myself a caffeinated drink.
	Do a 15-minute body stretch.	
		_
		•
00:00		
Stop drink caffeinated drinks.		Make a to-do list of tasks to
	Eat a breakfast that includes protein	accomplish today.
	and carbohydrates.	
Plan when you will take your lunch		(00:00 C
break.	(00:00	Talk to some colleagues about life
	Take your lunch break away from	outside of work.
	your workspace.	
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Complete 30 minutes of exercise	Top up hydration levels and drink some water	Complete a posture reset at my workspace
Tidy up my desk	Enjoy a device free dinner	Drink a warm calming drink
Write down 3 gratitude's for the day	Turn my devices on do not disturb	

