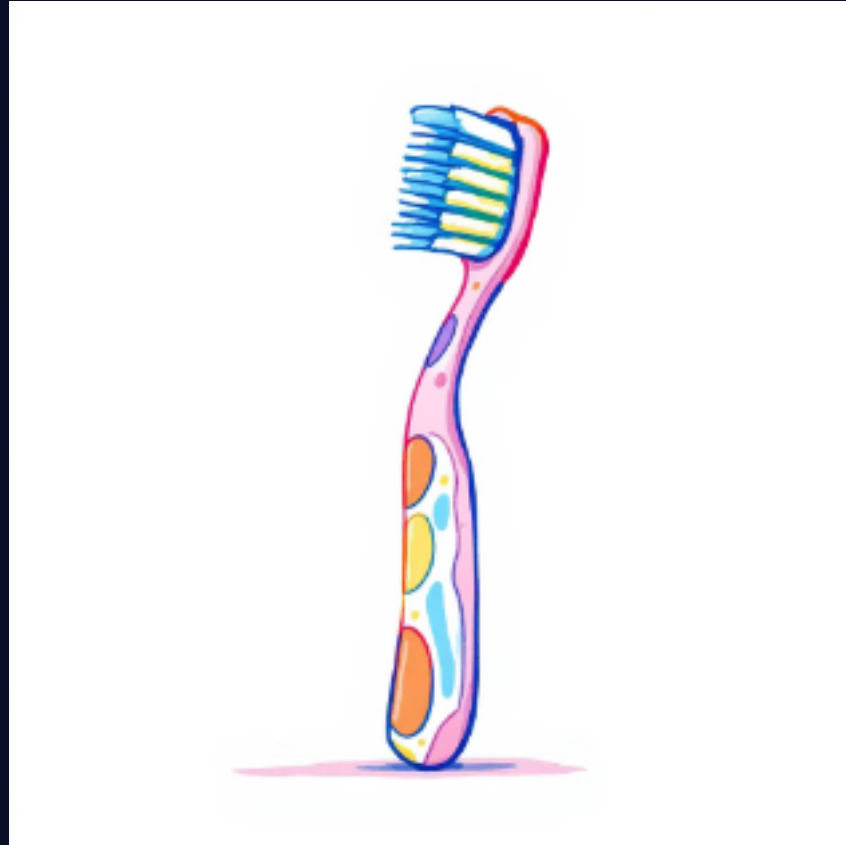


# 4 Stage Sleep Box



## Sleep Hygiene

1. Good sleep environment (cool, quiet, and dark).
2. Consistent sleep schedule, even on weekends (social jet lag).
3. Exercise 2-3 hours prior to bedtime.



## Sleep Clock (circadian rhythm-melatonin)

1. Turn off cell phones and tablets 1-2 hours prior to bedtime.
2. Get morning sunlight outside.
3. Keep a consistent pre-bed downtime routine.



## Sleep Drive/pressure (adenosine)

1. Increase daily activity.
2. Limit caffeine to mornings.
3. If needed, take only short naps (< 30 minutes prior to 2 pm/ balloon).



## Alertness Drive

1. Restrict bed use only for sleep & intimacy.
2. Record negative sleep thoughts and replace with positive sleep thoughts.
3. Use the 30/30 rule if you can't sleep.