

THE DEEP SLEEP SOLUTION

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Want to virtually *guarantee* a good night's sleep? Make every effort to check each of these 15 boxes on a highly regular basis:

Question	Answer
Do I get natural sunlight and movement immediately after waking up?	
Do I avoid caffeine after 2PM? And more than 2-3 cups prior?	
Do I avoid afternoon naps?	
Do I avoid drinking lots of liquids before bed?	
Do I avoid working OR exercising too close (within 90 minutes) to bed?	
Do I generally avoid eating immediately before going to bed?	
Do I make every effort to manage my stress and anxiety?	
Do I keep ALL non-sleep activities (ex. watching TV) out of the bedroom?	
Do I keep my bedroom reasonably organized and clean?	
Have I invested in a high quality mattress?	
Do I avoid electronics 30-60+ minutes prior to going to bed?	
Do I have a consistent bedtime ritual?	
Do I keep my bedroom cool (65° F) and completely dark?	
Do I go to bed and wake up at roughly the same times every day?	
Do I make every effort to treat good sleep hygiene as non-negotiable?	

It's important to clarify: being "perfect" with this checklist every day isn't realistic. Some of these variables may not be within your control at *all*. But doing *nothing* because you can't do everything isn't much of a strategy. So control what you can and watch the magic happen anyway!

Coach Sam