

# The Sleep Reset Checklist

SLEEP HABIT	D1	D2	D3	D4	D5	D6	D7
LV 1 Identify as a professional sleeper	<input type="checkbox"/>						
LV 2 Consistent bedtime <small>BEDTIME:</small> _____	<input type="checkbox"/>						
LV 3 Wind-down routine	<input type="checkbox"/>						
LV 4 Eat early <small>DINNER TIME:</small> _____	<input type="checkbox"/>						
LV 5 Avoid stimulants (alcohol, caffeine)	<input type="checkbox"/>						
LV 6 Regulate evening light	<input type="checkbox"/>						
LV 7 Optimal temperature <small>IDEAL TEMP:</small> _____	<input type="checkbox"/>						
LV 8 Peaceful sleep environment	<input type="checkbox"/>						
LV 9 Morning light	<input type="checkbox"/>						
LV 10 Gather data	<input type="checkbox"/>						