

Sleep Smarter

by Shawn Stevenson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Lock a wake anchor**

Pick one wake time you can hold within +/- 30 minutes, seven days per week. Build bedtime backward from that anchor.

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⁰² **Set an 8-hour caffeine cutoff**

Count backward from planned bedtime and make that your no-caffeine boundary. Shift to water or herbal tea after it.

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⁰³ **Run a 60-minute digital sunset**

Last hour before bed: no doomsscrolling, no work chat, no bright screens. Replace with lower-arousal inputs.

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⁰⁴ **Engineer the room**

Target 65-67F, blackout the space, and reduce noise variability so your body can stay in deeper stages longer.

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⁰⁵ **Install a shutdown ritual**

Use a 10-minute sequence nightly (journal, stretch, breathing) to tell your nervous system the day is complete.

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⁰⁶ **Recover weekends without whiplash**

If sleep debt is high, add a short nap or slightly earlier bedtime. Avoid sleeping in more than one hour.