

ONNIT

THE SLEEP SMARTER



14-DAY SLEEP MAKEOVER JOURNAL

**ESSENTIAL STRATEGIES TO SLEEP YOUR
WAY TO A BETTER BODY, BETTER HEALTH
AND BIGGER SUCCESS.**

From the Best Selling Book **Sleep Smarter**
by Shawn Stevenson.

INTRODUCTION

When it comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive, and improve virtually every function of your mind and body. That's what Shawn Stevenson learned when a degenerative bone disease crushed his dream of becoming a professional athlete.

Like many of us, he gave up on his health and his body, until he decided there must be a better way. Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible. Now a world-renowned health expert and host of the top-rated podcast The Model Health Show, Stevenson shares his health advice with fans in more than 150 countries each week. What's his #1 rule for better health?

Get high quality sleep.

Now in the Sleep Smarter 14-Day Sleep Makeover, you'll have access to Stevenson's easy tips and tricks to discover the best sleep and best health of your life. With the 14-Day Sleep Makeover, you'll learn unique strategies like:

- **How to create the ideal sleep sanctuary.**
- **How to hack sunlight to regulate your circadian rhythms.**
- **Which clinically proven sleep nutrients and supplements you need and why.**

Also included are stress-reduction exercises and fitness tips to keep you mentally and physically sharp. The Sleep Smarter 14-Day Sleep Makeover is the much-needed guide for achieving the rest, body, and life you truly deserve.

If you are interested in exploring more ways to optimize your sleep, check out this guide's companion book "Sleep Smarter" at Onnit.com/sleep-smarter.



THE 14-DAY SLEEP MAKEOVER

Humans are creatures of habit and habitat. Your brain loves to fall into patterns so that it can free up space to do other things. The more unconscious competencies we have, the more apt we are to have greater success and productivity.

What is an unconscious competency?

Well, there are ultimately four stages to learning any new skill or habit.

1. **Unconscious incompetence** — when you're doing something wrong and you don't know you're doing it wrong.
2. **Conscious incompetence** — when you're doing something wrong and you know you're doing it wrong.
3. **Conscious competence** — when you're doing something right but you have to consciously focus on doing it the right way.
4. **Unconscious competence** — when you're doing something right and you don't even have to think about it.

Initially, putting the things that you've learned in this book into action will place you in a phase of conscious competence. You're going to have to think about them and put conscious effort into doing them right.

It's sort of like when you first learn to drive. You're very mindful of everything, and you have a checklist when you get into your car: First you might adjust the seat, then the mirrors, then your seat belt, etc., and you make sure you have them right before you start driving. While driving, you're hyperaware: eyes moving, paying attention to your speed, monitoring road signs and other cars, and being extra careful.

Then fast-forward a few months. When you hop in your car, the key goes in the ignition and you're out of there. You're not being reckless by any means, but you have the checklist automated. Your brain notices that the seat and mirrors are in the correct positions even without your conscious awareness needing to go there.

The driving process itself can become so second nature that you can get into your car for a 20-minute drive and not even consciously remember all the steps you took to arrive at your destination.

It's not that you were hypnotized by an evil mutant; it's that your brain has freed up space to do other things because driving has become a strong unconscious competence. Your conscious mind can hop in if there's an irregularity or problem, but overall your brain has this activity on cruise control.

To get great sleep every night on cruise control, you simply need to ritualize things just like when you first learn to drive. The word ritual is derived from the Latin word *ritus*, meaning "a proven way of doing something." A ritual is a small sequence of step-by-step actions that put you in a certain mood, state, or frame of mind for getting something done.

Whether or not you've had a history of sleep problems, a regular bedtime ritual will help you wind down and prepare your body for the best sleep possible.

Jessica Alexander of the Sleep Council states, "A bedtime ritual teaches the brain to become familiar with sleep times and wake times. It programs the brain and internal body clock to get used to a set routine."

Parents throughout time are well aware of the power of bedtime rituals for their kids. Some of these rituals may include a warm bath, putting on pajamas, a bedtime story, relaxing music, or something as simple as a kiss on the forehead and a loving tuck into bed.

If you establish a consistent bedtime ritual, your kids drift off to sleep before you know it. Their brains and bodies have completely linked those systematic activities to going right to sleep. And, as I said before, in many ways we're just big adult babies, and the same basic programming is still there. We just need to learn to tap into it.

Lawrence Epstein, MD, instructor of medicine at Harvard Medical School, says, "Our body craves routine and likes to know what's coming." By creating a pre-sleep ritual, you're establishing a clear association between specific activities and your sleep.

Let's jump into the overview of your 14-Day Sleep Makeover to ensure you have the tools to get the best sleep ever.

THE GAME PLAN

Getting a great night's sleep starts the moment you wake up in the morning. Sleeping smarter and getting the best sleep of your life is set in place by having bedtime and day-time rituals. Each day of the 14-Day Sleep Makeover, we will be making small strides in both so that you can reach your desired destination with ease and grace.

You can begin the 14-Day Makeover anytime, but I recommend starting when you have a minimal amount of big distractions in your life. For example, if you are right in the middle of traveling for business, or working on a project due in a couple of days, great sleep is going to help tremendously, but you can postpone the full 14-day program until you have more control of your schedule. Whether you are starting tomorrow or in 2 weeks, the number one thing to do right now is to schedule your start date and completion date. Use your Outlook or Google calendar, or a physical calendar if you wish. All that matters is that you get it scheduled.

Each day will include some brief journal exercises that you can complete right here in this book or in your personal notebook or journal, or you can print out the PDF version. These exercises are incredibly important because they will track your results. You may have heard the statement, "You can't manage what you can't measure," so it's very valuable to actually track your progress. Part of the journal exercises will be to take your Sleep Smarter Score to assess where you are that day. Your scores will be ranked on a scale of 1 to 10, with 10 being the absolute best.

Review Sleep Makeover Day 1, then begin the following morning so that you'll know exactly what to do. Now that we've covered the game plan, let's dive right into your 14-Day Sleep Makeover!

SLEEP MAKEOVER PREP DAY

Today is all about getting ready, which means taking inventory of where you are right now. Chances are you have already employed some of the strategies in this book because you were so excited to put them in play. So I want to give you a questionnaire to assess where you are right now or you can mark down where you started (if today isn't the first day you've been utilizing the Sleep Smarter strategies).

GETTING STARTED QUESTIONNAIRE

Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

|_____|

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

|_____|

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

|_____|

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

|_____|

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

|_____|

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

Your official 14-Day Sleep Makeover starts tomorrow morning, so go ahead and review Day 1 so that you'll know exactly what to do. You're going to write in your journal two very quick times each day—10 to 15 minutes after you wake up, and 10 to 15 minutes before you go to bed each night. It's best to keep this book or your journal somewhere that you'll have easy access at both points in the day. Let's take a look and get ready for Day 1!

SLEEP MAKEOVER DAY 1 TARGETS

Morning: Time to set the tone for a great day and great sleep! After your standard morning rituals (using the bathroom, having some coffee or a couple glasses of water), now it's time to do a little exercise to get your heart rate up and encourage the secretion of natural "daytime hormones" to set your circadian rhythms on track.

If you're not already a morning exerciser, then just start with 5 to 10 minutes of any of the following: bodyweight exercises (featured in the bonus resource guide at sleepsmarterbook.com/bonus), a brisk walk, rebounding on a mini-trampoline, Tabata, or a power yoga session.

Go ahead and get ready for your day now (shower, get dressed, or whatever you need to do), and then have breakfast. Breakfast will always adhere to the following guidelines to keep insulin down throughout the first part of the day to optimize hormone function and fat loss. Have your choice of protein, healthy fats, and non-starchy veggies, or follow the sample plan in the bonus resource guide. Head into your day and have a great one.

Evening: Relaxation before bed is essential. You're going to discover that maintaining an evening ritual is like having an off switch for the stress in your life. We tend to get ready for everything else—we get ready for a date, we get ready for exercise or a sport, we get ready for work—but when it comes to sleep, many of us tend to just stumble into it or eventually pass out from exhaustion (and remember, there's a big difference between getting high-quality sleep and passing out).

So from now on you're going to treat getting ready for bed like getting ready for a hot date. You have a special indulgence you get to enjoy that's going to make you feel really good and will make everything in your life exponentially better.

We're going to start getting ready for your date by closing the laptop, turning off the TV, and simply getting off any electronic device that would compromise your quality time with your best friend, sleep. Get off of your devices at least 1 hour before your desired bedtime and do one of the following things:

- Read a book—preferably fiction. I used to think that reading fiction was unproductive, but now I realize that it's actually helped so many other areas in my life (from coming up with ideas to improving communication). It's not a surprise that kids sleep better than most adults. Reading fiction or having someone else read you fiction is powerful for relaxing our overused, analytical left brain. There are few things more capable of disconnecting you from your stress, worries, and tension than escaping to another world within the pages of a book. Nonfiction can be okay if it's a biography or something along those lines. But the best bet is to choose something other than the analytical, methodical, teaching, or training types of books. Ideally, you don't want to read anything that reminds you of work right before bed. Also, where you read may be important, too. Dr. Lawrence Epstein advises to create a clear association between your bed and sleep. It's recommended that you read anywhere in your home other than your bed itself if you don't have this strong association built. You can read in your bedroom, just not in your bed if you can't handle the reading rainbow juice.
- Listen to a podcast or audio book.
- Talk with a loved one: Significant other, kids, best friend—going over the day with someone you love, playing a board game, or talking about your plans for the future are some great things to do.
- Meditate.
- Journal—You'll need to fill out your Sleep Smarter Journal 10 to 15 minutes before bed, but we'll talk more about journaling on Day 2.
- Take a bath or shower.
- Any combination of the above.

After you choose an activity other than more screen time, the final thing on the agenda today is to fill out your daily journal entry.

DAY 1 JOURNAL

Fill out 10 to 15 minutes before going to bed.

On a scale of 1 to 10, rate your Overall Success Score for the day. (How do you feel you did completing the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 2 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 2 TARGETS

Morning: After your standard morning rituals, hit 5 to 10 minutes of exercise just like yesterday. Afterward, get ready for your day, have breakfast, and head out.

Today's special assignment: Purchase or order some topical magnesium. Magnesium is well known for its ability to relieve insomnia. One study found that it helps decrease cortisol, the “stress hormone” that can keep you up at night. It also helps muscles relax, to give you that calm “sleepy” feeling and help you unwind after a long day. The only topical magnesium I use is listed in the bonus resource guide, but there are many other options out there. Do this now so that you'll have it to use within the next couple days.

Evening: Continue getting ready for your sleep date. Shut off the screens 1 hour before your desired bedtime and do another chosen nighttime activity.

Tonight, take greater advantage of journaling. Of course you have the Sleep Makeover Journal, but you can go beyond that. This is a powerful practice that some of the most successful people in the world do. From Oprah to Tony Robbins, journaling has been a consistent part of their lives. For the intents of a pre-bedtime ritual, you can use your journal to capture stray thoughts and to get any of the random ideas out of your head and out onto the paper. That alone will help free up mental space. You could also use the journal as a check-in to look at your progress and affirm what steps you need to take next. Again, getting it out of your head and onto the paper can be very beneficial to achieving your goals.

A gratitude log or gratitude journal is another great idea. Part of the reason why people have anxiety and trouble sleeping is a fixation on the things they haven't done and what they don't have. If you're reading this right now, chances are you are far more fortunate than you realize, and you may have gotten out of touch with just how much you have to be grateful for.

You can use a gratitude log to simply capture three to five things that you were grateful for today. They could be big things, or they could be small things (anything from seeing someone special smile to having great meals, to winning an award, to reaching an important milestone or anything else). Just the act of paying attention and writing them down to end your day will make you more receptive to all of the good things that happen that we end up taking for granted. In addition, research has shown that we have an increase in serotonin when we feel significant or important. Journaling and using a gratitude log can help you to remember and affirm the innate value you have and why you truly matter. Jot down here in the Day 2 Journal (or in the separate PDF journal) three things that you're grateful for today.

DAY 2 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 3 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 3 TARGETS

Morning: After your standard morning rituals, hit 5 to 10 minutes of exercise just like yesterday. Today, focus on getting 10 minutes of direct sunlight as well. If this is during your exercise already, then that's great. If you haven't been seeing the sun very much, it's time to add it in! Weather permitting, you can do your exercise outside as mentioned, sit outside and do some daily reading, eat breakfast or lunch outside, or just relax outside getting some earthing in (which we'll talk more about soon). After pinning down when you'll get your sunlight in, get ready for your day, have breakfast, and head out.

Today's special assignment: From today forward, make sure that you finish any desired caffeine consumption before noon. Consuming caffeine even several hours before bedtime can interrupt your sleep. That stops today. Also, today is about detoxing your bedroom and beginning to create your own sleep sanctuary. Get all unnecessary electronics out of your bedroom, TVs, laptops, smartphones, etc.—as the research shows, these things are disrupting the communication between the cells in your body, and they are definitely disturbing your sleep.

Evening: Continue getting ready for your sleep date. Shut off the screens 1 hour before your desired bedtime and do another chosen nighttime activity.

Right before bed, rub on the topical magnesium if you already have it. Also, make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep. Have the thermostat set so that it doesn't get any higher than 70°F (the ideal range is between 62° and 68°F, so the cooler the better).

Tonight, take greater advantage of journaling. Of course you have the Sleep Makeover

DAY 3 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 4 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 4 TARGETS

Morning: After your standard morning rituals, hit 5 to 10 minutes of exercise just like yesterday. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Time to continue creating your own sleep sanctuary. Hop online or head to the store and purchase some blackout curtains for your bedroom. Also, get yourself one of the recommended plants that can aid in your air quality and sleep quality. You can find resources for all of these in the sleep smarter bonus resource guide.

Evening: Continue getting ready for your sleep date. Shut off the screens 1 hour before your desired bedtime and do another chosen nighttime activity.

Make sure your blackout curtains are set up and your plant is by your bedside (if these are on their way via mail, that's okay; you'll have them soon enough). Right before bed, rub on the topical magnesium if you already have it. Be sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 4 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 5 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 5 TARGETS

Morning: After your standard morning rituals, it's time to add in a new, valuable component of your Sleep Smarter plan. Add in 5 to 10 minutes of meditation (aka brain training) using a practice you already have or one of the resources in the bonus resource guide. There are great apps you can use, guided meditations, and more to help take your energy, focus, and health to the next level. After meditation, hit 5 to 10 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Book a massage for yourself this week. If a massage is not in your budget right now, make a date with a friend or significant other to exchange massages. It will be a fun—and relaxing—way to catch up, and it'll benefit your health as well. You deserve it!

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity.

Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 5 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 6 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 6 TARGETS

Morning: After your standard morning rituals, score 5 to 10 minutes of meditation (aka brain training). After meditation, hit 5 to 10 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Focus on optimizing the time you go to sleep and the time you wake up. The most valuable hormone production, enzymatic repair, and more is achieved by getting sleep between the hours of 10:00 p.m. and 2:00 a.m. Again, this has variance based on the time of year and other factors, but shoot for getting as much of this “money time” as possible.

Hopefully you've been employing the gradual method of moving your bedtime and wake time up by 15-minute increments. If you haven't, now is the time to do so. If you're not at your desired bedtime yet, move your bedtime up by 15 minutes every other day until you hit your goal. For example, if your desired bedtime is 10:30 p.m. and you've been getting to bed at 11:30 p.m., ensure that you are in bed by 11:15 p.m. tonight. Continue to build and move gracefully from there.

Correspondingly, move your wake time up 15 minutes earlier as well if you've had a habit of staying in bed late. Just ensure that you are getting the target number of hours of sleep that you feel great about.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity.

Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 6 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 7 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 7 TARGETS

Morning: After your standard morning rituals, score 5 to 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Simply add in 5 to 10 minutes more of morning exercise and/or meditation from today forward since you are now getting up a bit earlier to take advantage of the day.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 7 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 8 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 8 TARGETS

Morning: After your standard morning rituals, score 5 to 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Now that we are at the halfway mark, it's time to really shift our focus toward our food! The food we eat has a huge impact on our sleep and health overall. Starting today and moving forward, it's important to eat real, nutritious food at every meal and not just breakfast time.

Be sure to get in at least five servings of the foods that contain the good-sleep nutrients today, and each day moving forward. These foods and as well as more support on this, in the sample meal plan in the bonus resource guide. Not only are you going to sleep better, but you're going to optimize your hormones, lose body fat, and radically improve your energy levels.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 8 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 9 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 9 TARGETS

Morning: After your standard morning rituals, score 5 to 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Time to begin adding the final pieces to your sleep sanctuary. Get yourself some alternative lighting for your bedroom at night. It could be low-blue lightbulbs, it could be a salt lamp, it could be a lamp with a dimmer, or it could even be as simple (and timeless) as candles.

For the environment outside of your bedroom, and what you can use as soon as the sun goes down to optimize melatonin production, get yourself some glasses that block blue light. And make sure that you've downloaded the blue light blocking apps to your devices for nighttime usage (especially when extenuating circumstances hit and you have to be on your devices later than normal). You can find access to all of these things and more in the resource guide.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 9 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 10 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 10 TARGETS

Morning: After your standard morning rituals, score 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Getting yourself grounded can be a game changer. No, I'm not talking about when you got in trouble as a kid (I don't even want to know what you did to get grounded)—I'm talking about getting yourself connected to the diurnal patterns and free electrons on the earth. Today and moving forward, add in at least 10 minutes of earthing each day.

You can do many of the activities mentioned in this book while getting your earth on. Exercise, meditation (qigong and tai chi are excellent to do while earthing), reading, soaking up the sun, having a meal, and many other things you're already doing can be done while having your bare feet in contact with the earth. You can also opt to get yourself some earthing bed sheets and/or an earthing office mat for your desk.

I love the earthing technology so much that it's one of my favorite gifts to give to the people I care about. It's not a must if you're already getting in some earthing time each day, but it sure does make getting the benefits a lot more convenient. You can get much more information on earthing and earthing products in the bonus resource guide.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 10 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 11 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 11 TARGETS

Morning: After your standard morning rituals, score 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Today, make it a mandate to lose the restrictive, tight-fitting clothes at least while you sleep. This is a very simple fix, so just put it in play from this day forward.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 11 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 12 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 12 TARGETS

Morning: After your standard morning rituals, score 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Before bed this evening, as part of your nightly ritual, add in a little self-massage or other bodywork to help switch off the sympathetic nervous system (fight or flight) and switch on the parasympathetic nervous system (rest and digest).

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible. Shortly before bed, devote 5 minutes to doing some bodywork or ask a loved one to give you a massage. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 6 JOURNAL

DAY 12 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 13 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 13 TARGETS

Morning: After your standard morning rituals, score 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: If you've been successful at utilizing the strategies thus far in the 14-Day Sleep Makeover but feel that you could still use a little bit more assistance at optimizing your sleep, then today is the day to add in some smart supplementation. Check out the bonus resource guide to take advantage of any of the supplements mentioned there.

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible. Shortly before bed, devote 5 minutes to doing some bodywork or ask a loved one to give you a massage. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 13 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

DAY 14 QUESTIONNAIRE

Fill out 10 to 15 minutes after getting up in the morning.
Answer the following questions on a scale of 1 to 10.

How would you rate your sleep right now?

| _____ |

(1 = My sleep is a wreck or 10 = My sleep is fantastic.)

How do you feel physically when you get out
of bed in the morning?

| _____ |

(1 = Lots of pain or 10 = No pain in sight.)

How is your energy when you first get out
of bed in the morning?

| _____ |

(1 = Totally drained or 10 = Totally refreshed and ready to take on the world.)

How do you feel mentally when you get out
of bed in the morning?

| _____ |

(1 = Foggy and agitated or 10 = Optimistic and happy.)

How consistent is your energy throughout the day?

| _____ |

(1 = I can't keep myself awake all day or 10 = I have great energy all day long.)

SLEEP MAKEOVER DAY 14 TARGETS

Morning: After your standard morning rituals, score 10 minutes of meditation (aka brain training). After meditation, hit 5 to 15 minutes of exercise. Focus on getting 10 minutes of direct sunlight today as well. Get ready for your day, have breakfast, and head out.

Today's special assignment: Optimize! Continue to build on the results you've already achieved. Be consistent, keep moving forward, and continue to put a priority on your health!

Evening: Get ready for your sleep date. Shut off the screens 90 minutes before your desired bedtime and do another chosen nighttime activity. Utilize blue light blocking glasses as well as low-blue lightbulbs, or simply dim the lights if possible.

Shortly before bed, devote 5 minutes to doing some bodywork or ask a loved one to give you a massage. Right before bed, rub on the topical magnesium. Make sure to have a nice, cool temperature in your bedroom to facilitate deep sleep.

DAY 14 JOURNAL

Fill out 10 to 15 minutes before going to bed.
What are three things you're grateful for today?

1. _____

2. _____

3. _____

On a scale of 1 to 10, rate your Overall Success Score
for the day. (How do you feel you did completing
the Sleep Makeover assignments?)

| _____ |

What was the best part of today's program?

What was the toughest part (if any)?

What do you feel you can improve on?

What are you excited about for tomorrow?

CONGRATULATIONS!

By completing this 14-Day Sleep Makeover, you have effectively upgraded the function of your hormones, improved your genetic expression, and created a solid foundation for the future. It's not what you do sometimes, but what you do consistently, that tells the real story of your results.

A wonderful quote from Samuel Johnson states, "The chains of habit are generally too small to be felt, until they are too strong to be broken." Many of these habit changes may seem small in retrospect, but you are working to literally make them a part of who you are. By choosing to sleep smarter and put these strategies in place on a consistent basis, you are stacking so many conditions in your favor that it will make getting great results inevitable.