

# Why We Sleep

by Matthew Walker

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

<sup>01</sup> **Keep one wake time**

Choose a wake time you can hold within 30 minutes on weekdays and weekends. Let bedtime adapt around that anchor.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Protect an eight-hour sleep opportunity**

Set the calendar around time in bed, not just lights out. Give the full sleep architecture room to unfold.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Dim the last hour**

Lower overhead light and move screens away from your face in the final hour to stop sending a false daytime signal.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Move caffeine earlier**

Put your last caffeine at least 8 hours before bed, then watch whether sleep onset and depth improve.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Audit sleep disruptors**

For one week, note alcohol, late meals, stress, and alarms. Remove the disruptor that appears most often before adding new rituals.