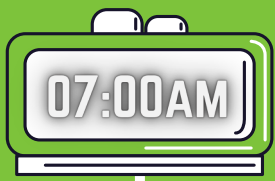


SLEEP TRAINING DAILY SCHEDULE



▶ WAKE UP

Try to wake up at a consistent time every morning. Your body will then eventually begin to naturally wake you up.



▶ END CAFFEINE

It may seem early to stop drinking any caffeine, but it has a longer effect than we realize and can greatly effect hormone release while we sleep. *PRO TIP: If you are feeling sluggish, drink water! You are probably dehydrated.



▶ NAP TIME

Though not necessary, if you are feeling deprived of sleep, set a timer for 30 minutes and catch up a bit. Naps are not cheating! They can provide valuable rest mid day.



▶ TECH NIGHT TIME

Put away electronics that emit blue light ideally 90-120 minutes before bed. These include laptops, cell phones, & TV.



▶ CALM THINGS DOWN

While exercise itself does help with sleep quality, doing so too late can stimulate the body and make sleep more difficult.



▶ GET TO BED

You have successfully primed your brain and body for bed. Make your sleep conditions ideal with a completely dark room, with the temperature between 68-72 deg F.

Think of sleep like any other sport.

Training for performance is essential! If you are not doing the important parts of training "off the field", you are sabotaging what you do "on the field". Sleep is non-negotiable.

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