

# GOOD SLEEP 101

GET SMART ABOUT SLEEP

## KNOW THE 3 PILLARS OF SLEEP

**1) Get control of** \_\_\_\_\_



Notes/Hints for my sleep:

**2) Harness your** \_\_\_\_\_,



**which involves understanding your** \_\_\_\_\_ **(which is like a symphony of bright light, Melatonin, Stress Hormones), and involves hoarding your** \_\_\_\_\_.

Notes/Hints for my sleep:

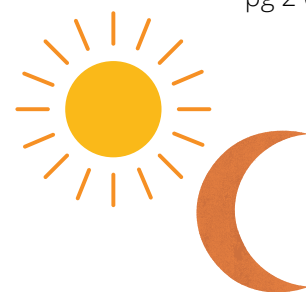
**3) Be** \_\_\_\_\_



Notes/Hints for my sleep:

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## WHAT GOOD SLEEPERS DO AFTER A BAD NIGHT OF SLEEP

## WHAT I CAN WORK ON NEXT, STARTING TODAY, WITH A DILIGENT GRIT MINDSET

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## FINAL THOUGHTS/QUESTIONS I HAVE:

You can enter your questions when you complete the feedback form. I promise to answer them! Feedback form can be found at <https://forms.gle/v3bABK8ykFV7jV5U7>

Information on the Mastering Restful Sleep program can be found at:  
[smartrestfulsleep.teachable.com/p/mastering-restful-sleep](https://smartrestfulsleep.teachable.com/p/mastering-restful-sleep)