

# BULLETPROOF 30-DAY SLEEP CHALLENGE

## SLEEP CHECKLIST



### STEP 1: **Get your sleep hygiene and habits in order.**

- ☐ Get your sleep space ready
- ☐ Head to bed before your second wind
- ☐ Protect yourself from too much blue light
- ☐ No caffeine after 2pm
- ☐ Limit or eliminate alcohol

### STEP 2: **Lower stress and anxiety**

- ☐ Exercise
- ☐ Practice gratitude
- ☐ Meditate
- ☐ Have sex

### STEP 3: **Eat these foods**

- ☐ Wild-caught fish/Take krill oil supplements
- ☐ Good fats
- ☐ Raw honey (before bed)
- ☐ Magnesium supplement

### STEP 4: **Track your sleep**

- ☐ Use a sleep log or sleep app or wearable sleep device