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Current guidance
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The Sleep Plan

Fourteen nights, two numbers, one decision at the end.

14
NIGHTS · ONE FIXED WAKE TIME

1 Pick a wake time and hold it for 14 days

The fixed end of the night sets the rest of it.

- [ ] Choose the time you must be up on your busiest weekday, then use it every day.
- [ ] Get bright light within 30 minutes of waking, outdoors if you can manage it.
- [ ] Hold it on weekends too. A two hour lie-in on Sunday resets the whole fortnight.
- [ ] Do not move the wake time to chase a bad night. Ride the bad night out.

Bedtime is the part you cannot control. Wake time is the part you can, so that is the lever this plan uses.

2 Give the bed one job again

Beds trained for scrolling stop meaning sleep.

- [ ] Bed is for sleep and sex only. Everything else moves to a chair or another room.
- [ ] Return only when you feel sleepy, not when you feel it is time.
- [ ] Keep naps under 30 minutes and finish them before mid afternoon.
- [ ] If you are still awake after about 20 minutes, get up and read somewhere dim.
- [ ] No clock watching. Turn the face away so the number cannot argue with you.

3 Score two numbers, not your mood

Two numbers beat a feeling every single time.

- [ ] Number one: minutes to fall asleep, your honest estimate, written in the morning.
- [ ] Write both within ten minutes of getting up, before the day rewrites the night.
- [ ] If neither number moves in fourteen nights, that is your answer, not your failure.
- [ ] Number two: how many times you woke and stayed awake more than a few minutes.
- [ ] Compare week one against week two. One night proves nothing either way.

4 Add one thing, and only one

Two changes at once, and you learn nothing.

- [ ] Start the capsule only after the fourteen nights, so you know what changed what.
- [ ] Look for an independent quality seal such as NSF, USP or ConsumerLab.
- [ ] Bring the bottle to your pharmacist if you take any prescription medicine.
- [ ] Pick a product that prints the amount beside the ingredient on the label.
- [ ] Take the same amount at the same hour every night. Vary nothing else.

THE BOTTLE WE USE

Thorne PharmaGABA-250

A single stated amount per capsule, NSF Contents Certified, one capsule a day.

Shop the bottle

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