

P³ERFECT SLEEP GUIDE

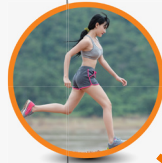


THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR SLEEP QUALITY 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Environment & Behavior For Energizing Sleep

BODY

- EXERCISE (E.G. WALK, YOGA, WORKOUT)
- 30 MINUTES SUNLIGHT IN MORNING
- PRE BED HOT SHOWER



NUTRITION

- HEALTHY SNACKS (BANANS, NUTS)
- NATURAL TEA (E.G. VALERIAN)
- REGULAR MEALS (BODY TIMER)

MY CHOICE -

MY CHOICE -



PTS P ³ erformance Tracker					
TRACKING OBJECTIVES	TARGET	1	2	3	4
KPI's					
sleep quality (1..10)	-				
well being (1..10)	-				
productivity (1..10)	-				
WORK-LIFE-SLEEP-BALANCE	-	0	0	0	0
HABITS					
read goal daily	1				
habit 2					



STOP HEAVY EXERCISE 3 HOURS BEFORE BED

STOP HEAVY MEALS 3 HOURS BEFORE BEDTIME

STOP COFFEE 6 HOURS BEFORE BEDTIME

STOP BRIGHT LIGHT EXPOSURE EVENING

STOP EXTERNAL EVENING ENTERTAINMENT

STOP USING BED FOR NON SLEEP RELATED ACTIVITIES

STOP STRESSFUL WORK

STOP TOO MUCH SUGAR

STOP ENTERTAINMENT TRAP (TV, TABLET)

STOP DRINKING ALCOHOL



MIND

MEDITATIONS

- RELAXATION
- FORGIVENESS
- ACCEPTANCE

BREATHING TECHNIQUES

- WIM HOF BREATHING
- 4-7-8 BREATHING
- FLIP THE SWITCH

TOOLS

- GRATITUDE
- JOURNALING
- ANCHORING
- YOGA
- WALKING
- PERSPECTIVE

BEDROOM'S CORNER

- COSY
- DARK
- FRESH
- QUIET
- COOL
- CLEAN

REGULAR SLEEP SCHEDULE

GOAL

BEDTIME: [] WAKE UP: []

TIME: [] TIME: []

Mo Tu We Th Fr Sa Su

[] [] [] [] [] [] []

daily structure → 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12

● work ● life ● sleep



LET'S MAP OUT YOUR ROADMAP TO SUPERB SLEEP - BOOK YOUR 1:1 SLEEP IMPROVEMENT CALL TODAY - [HTTPS://ENERGY.SLEEPTRUST.EU/PTS-BOOK-A-CALL](https://energy.sleeptrust.eu/pts-book-a-call)

