

DAY 1

MICRO-HABIT MENU

# *Sleep*

## **SELECT ONE HABIT FROM THE MENU:**

- Establish a digital bedtime (60-90 minutes before you want to fall asleep).
- Minimise fast-paced screen action before sleep as it will have a hyper-arousal effect.
- Do a screen swap before bed (watching TV may be a better choice than staring at a smartphone or tablet).
- Keep devices out of bedroom OR at least out of sight if they're in your bedroom.

## **YOUR ONE MICRO-HABIT FOR DAY 1:**