

# Tips to help You Sleep Like a Bear!!



1. Block out as much light as possible (Dark Curtains, Foil windows if necessary, sleep masks, etc.)
2. Block out as much noise as possible (Ear plugs may help)
3. No screens 1 hour before bed
4. Cool room (Low 20's)
5. If you wake do not get out of bed (except for toilet), Do not check screens, Do not take your phone or tablet to bed (alarm clocks are cheap, buy one)
6. Condition yourself to stay in bed for 8 hours, this will take time. Over 50 years of sleep science has shown we need 7-8 hours of sleep to produce maximum brain efficiency. If you think you are productive at 6 hours just imagine how much more you could do with 8 hours.