

SLEEP APPETITE MASTERPLAN

- #1 KNOW YOUR SLEEP TYPE
(EARLY BIRD VS. OWL)
- #2 KNOW HOW MUCH SLEEP YOU
NEED
- #3 AVOID EXTREME EXERCISES
OR CAFFEINE INTAKE 3-4 HOURS
BEFORE BEDTIME
- #4 DON'T HAVE AFTERNOON
NAPS
- #5 REDUCE SLEEP SLIGHTLY
FOR 2 DAYS TO FURTHER BUILD
SLEEP DRIVE