

Sleeping Change #1 - Turn off screens 1-2 hrs before bed

Date:

Sleeping Change #2 - Use f.lux

Date:

Sleeping Change #3 - Don't do household chores at night

Date:

Sleeping Change #4 - Read before bed

Date:

Sleeping Change #5 - Organize your bedroom

Date:

Sleeping Change #6 - Leave the house at least once per day

Date:

Sleeping Change #7 - Set an alarm at night

Date:

Sleeping Change #8 - Make your room pitch dark

Date:

Sleeping Change #9 - Wear a sleep mask and earplugs

Date:

Sleeping Change #10 - Cut your caffeine intake at 3 pm

Date:

Sleeping Change #11 - No alcohol before bed

Date:

Sleeping Change #12 - Stop drinking water at the right time

Date:

Sleeping Change #13 - Take care of outside noises

Date:

Sleeping Change #14 - Adjust the temperature

Date:

Sleeping Change #15 - Put your phone in airplane mode

Date:

Sleeping Change #16 - Don't check the time when you wake up

Date:

Sleeping Change #17 - If you have to get up, leave the lights off

Date:

Sleeping Change #18 - Take naps during the day

Date:

Sleeping Change #19 - Adjust to the baby's sleep cycle

Date:

Sleeping Change #20 - Put a quote on your baby's crib

Date:

Sleeping Change #21 - Learn what your baby needs

Date:

[Get help from Paul the sleep coach](#)

(one week of free coaching with coupon code
NGOEKEWEEK)

[Do all these changes 1 day at a time with this mini course](#)

(\$9.99 instead of \$29.99 with coupon code SLEEP20, only
valid for 50 people)