

1. After I hear my alarm in the morning, I will get up without hitting snooze.
2. After I make my tea/coffee in the morning, I will go outside to drink it.
3. After I finish my morning tea/coffee, I will switch on exercise music.
4. After I decide to take a nap, I will set an alarm so I don't sleep for longer than 30 minutes.
5. After I see it is past 10 AM, I will drink herbal tea instead of coffee.
6. After I brush my teeth in the evening, I will take my magnesium supplements.
7. After I get into bed, I will put on my sleep mask.
8. After I am lying awake in bed, I will leave the bed and sit on a chair reading. I will return to bed only when I feel sleepy again.
9. After I put on my nightclothes, I will spray lavender on my pillow.
10. After I lock the door at night, I will set the temperature setting to 19-20 degrees Centigrade (66-68 degrees Fahrenheit).