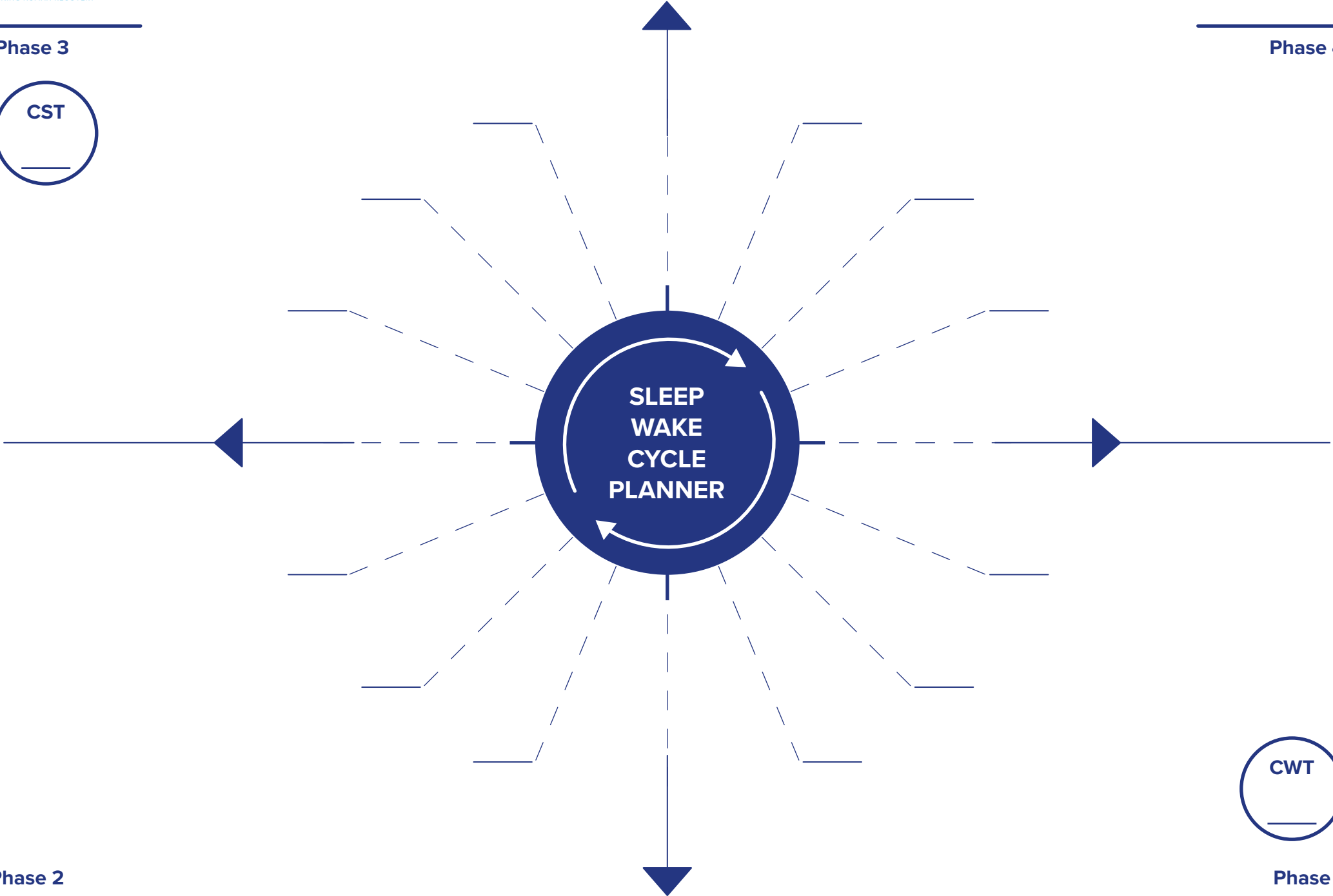


CST = Consistent Sleep Time
CWT = Consistent Wake Time

Night Sleep Cycles

Phase 3

Phase 4



Phase 2

Phase 1



Have you...	Yes?	More action required?
Established your consistent wake time (CWT)?		
Established your consistent sleep time (CST)?		
Scheduled in your commitments? (E.g., training and study/work)		
Scheduled mini recovery breaks every 60-90 minutes? (E.g., going for a walk)		
Scheduled extended breaks to coincide with the times in the day when our urge to rest increases? (E.g., after lunch)		
Given yourself enough time to refuel and hydrate throughout the day?		
Considered the time of day that may be best for you to tackle your most demanding task(s)?		
Given an appropriate amount of time to your pre- and post-sleep routines (~60-90 minutes)?		