

one week. one change. no failure.

Skill 2: Day Light, Night Dark

WHAT YOU'LL DO: Your body's built-in sleep cycle, known as your circadian rhythms, is largely controlled by the amount of light and dark you are exposed to during your day. By increasing light during the day and dark at night, you will fall asleep faster and sleep better.

STEPS:

1. **Bright Mornings:** Start each day this week with as much bright light as possible. Don't just turn on one small lamp for your morning rituals, turn on all the lights. While you are eating breakfast, be sure to have as many lights on as possible. Open the shades and curtains and let the sun shine in.
2. **Light Days:** Try to get as much exposure to bright light as possible during your day. If you can, get outside. Sunlight is the best light for your sleep cycle. Take sunlight breaks during the day. Open the shades, turn on all the lights and look out the window (if you are lucky enough to be near one).
3. **Dim Evenings:** A couple of hours before bedtime, make things dim. Turn down the lights. Avoid the computer (which is really just a giant light that you put close to your face) and sit far away from the TV. If you read, use a directed reading light, rather than large lamps or overhead lights that brighten the whole room. Pull the curtains and draw the shades. Don't turn on too many lights while getting ready for bed. A dim light in the bathroom or closet is enough.
4. **Dark Nights:** Make your nights as dark as possible. Draw the curtains, close the shades and keep the lights off. Try a sleep mask if you can't get eliminate enough light. The darker your night, the quicker you will fall asleep.

COMMITMENT: I will increase the brightness of my days and the darkness of my nights this week.

RECORD YOUR SUCCESS:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes/Thoughts/Musings: