

The Dream On Project Checklist!

#	Sleep Score.	/10
1	Read emails in bed before rising.	✓
2	Wash Linen.	
3	Light, easy exercise.	
4	Circadian (and Gut)-friendly Breakfast.	
5	Magnesium.	
6	Morning hot drink – your choice!	
7	Considered all incidental exercise.	
8	Binaural white noise – I tried it either travelling to work, or at work!	
9	Circadian (and Metabolism)-friendly Lunch.	
10	No caffeine after lunch.	
11	Power Snooze – tried it! PZIZZ or alternative.	
12	Afternoon snack choices, if any!	
13	Confirming it's a dry 24hrs.	
14	Afternoon water + salt.	
15	Afternoon Exercise session (not compulsory).	
16	Finished shower with a cold hit.	
17	Bedroom set up complete!	
a	Fresh Linen	
b	Blankets ready to go.	
c	Reading material set up.	
d	Windows covered.	
e	All blue lights covered or switched off.	
18	Valerian Forte, or alternative.	
19	Read in bed.	
20	Listened to Delta wave sounds – Sleep phones, or alternative.	
	Nailed it!	

Feel free to bespoke your own checklist!

And tell me of any successful strategies.