

BP7 RECHARGE SLEEP PLANNER

BP7-DAY RECHARGE



1. Bed at the same time for seven days straight - allocate 7 hours of sleep per night,
2. Wash ALL linen - sun dried if possible - and if practical, expose your mattress to sunlight,
3. Block, turn-off, all bedroom blue/red light - blackout room as practically possible,
4. Read trivial paperback before sleep, while in bed (up to 30 minutes),
5. Start sleep preparing for the need for more linen in three hours - eg, keep a blanket at feet,
6. 30 mins before bed; a Camomile, Peppermint or Lemon Tea.

I also recommend #7 - Download the 'free' App PZIZZ; a) use the Nap file during the day (a super recharging 17 minutes, only), and or, 2) Sleep file (knocking you out & keeping you out throughout the night).

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All 6-7							