



# 14 Days to Discover What Truly Affects Your Sleep

| 14 DAY CHALLENGE   | 1                        | 2                        | 3                        | 4                        | 5                        | 6                        | 7                        | 8                        | 9                        | 10                       | 11                       | 12                       | 13                       | 14                       | ?                        |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| No caffeine, cola, or energy drinks after 2 p.m.                 | <input type="checkbox"/> |
| No sweets or junk food in the evening                            | <input type="checkbox"/> |
| 3 - 4 h before bedtime light dinner                              | <input type="checkbox"/> |
| 2h before bed - Herbal tea (e.g., chamomile, lemon balm)         | <input type="checkbox"/> |
| Warm bath / shower about 1.5 h before sleep                      | <input type="checkbox"/> |
| Wrote down thoughts or to-dos before bed                         | <input type="checkbox"/> |
| Gentle evening relaxation (yoga, acupressure mat, or stretching) | <input type="checkbox"/> |
| Read a book or listened to calm music                            | <input type="checkbox"/> |
| Short meditation or breathing exercise                           | <input type="checkbox"/> |
| No blue light from screens in the evening about 1h before sleep  | <input type="checkbox"/> |
| Room aired out and comfortable temperature                       | <input type="checkbox"/> |
| Room darkened or used an eye mask                                | <input type="checkbox"/> |
| Went to bed at the same time                                     | <input type="checkbox"/> |
| Woke up at the same time   | <input type="checkbox"/> |
| Slept at least 7–9 hours   | <input type="checkbox"/> |
| Felt rested and energized in the morning                         | <input type="checkbox"/> |



# 14 Day Challenge Summary

