

7 Day Sleep Optimization Program

A printable week-by-week tracker for building a simple, repeatable sleep routine.

WEEK OF: _____ NAME: _____

DAY
1

Find Your Sleep Window

- ☐ Choose a realistic wake time you can maintain most days.
- ☐ Work backward to allow at least 7 hours for sleep, plus wind-down time.

My target wake time / bedtime:

What worked today?

DAY
2

Fix Your Morning Before Fixing Your Night

- ☐ Get natural daylight during the earlier part of the day.
- ☐ Keep your wake time reasonably consistent, including weekends when possible.

My morning light plan:

What worked today?

DAY
3

Audit Caffeine and Evening Food

- ☐ Notice when you have coffee, tea, energy drinks, or other caffeine.
- ☐ Keep large meals away from bedtime when possible.

Last caffeine / evening food note:

What worked today?

DAY
4

Optimize Your Bedroom

- ☐ Make the room as dark, quiet, and comfortably cool as practical.
- ☐ Remove or reduce distractions that encourage scrolling in bed.

One bedroom change I made:

What worked today?

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DAY
5

Create a 30 Minute Landing Routine

- ☐ Build a simple calming routine before bed.
- ☐ Choose activities you can realistically repeat on ordinary weekdays.

My 30-minute routine:

What worked today?

DAY
6

Review Gut and Lifestyle Habits

- ☐ Support your routine with regular meals, fiber, hydration, movement, and overall consistency.
- ☐ Notice whether bloating, reflux, or other digestive discomfort regularly affects sleep.

One gut or lifestyle habit I focused on:

What worked today?

DAY
7

Keep What Worked

- ☐ Review the week and identify the habits that helped most.
- ☐ Build your next routine around consistency instead of adding more sleep hacks.

The biggest improvement I noticed:

What worked today?

My 3 Habits to Keep

Choose the three habits you want to carry into next week.

1. _____
2. _____
3. _____

Next week target wake time: _____ Target bedtime: _____

One thing I will stop over-optimizing: _____

Focus on consistency, not perfection.