THE SLEEP FIX CHECKLIST

I coach sleep for a living, and I still averaged **5 hours 56 minutes a night for 9 straight nights**. These are the rules that fixed it: 7 hours 8 the first night I actually ran them. Nothing fancy here. The advice was never the problem. Doing it was.

EVERY NIGHT: THE WIND DOWN

- ☐ **Set a lights out time and keep it like a session.**
  Mine only worked when it stopped being a suggestion.
- ☐ **Phone down 30 minutes before bed.**
  Charge it across the room or outside the door. The scroll is the leak.
- ☐ **Last real meal 2 to 3 hours before bed.**
  A small snack beats a feast if you are hungry.
- ☐ **Room cool, dark, and quiet.**
  Blackout the light. Your standards stay.
- ☐ **Same wake time every day, weekends too.**
  The wake time sets the sleep time, not the other way around.

EVERY DAY: THE ANCHORS

- ☐ **Light in your eyes within 30 minutes of waking.**
  Outside beats a window. Five minutes counts.
- ☐ **Caffeine has a cutoff: none after 12pm.**
  While you are fixing sleep, this one is not negotiable.
- ☐ **Alcohol is not a sleep aid.**
  It knocks you out and fragments the night. Worst trade in recovery.
- ☐ **Finish the last hard session 2 to 3 hours before bed**
  when the day allows it. Train hard, just not wired at midnight.
- ☐ **Naps: 20 minutes or skip it.**
  A long afternoon nap steals the night that follows.

THE MORNING AFTER RULE

Score the night in 2 minutes: hours slept, how you feel 1 to 10, soreness anywhere. Then the day adjusts. **Green:** full session as planned. **Yellow:** same session, load and finisher trimmed. **Red:** technique, mobility, easy conditioning, and an early night.

The plan changes shape. The day is not cancelled. That is the whole system.

YOUR 7 NIGHTS

NIGHT	LIGHTS OUT TIME	PHONE DOWN 30 BEFORE?	HOURS SLEPT
1			
2			
3			
4			
5			
6			
7			

Want this built around your actual life?

This checklist is the starting point. My 1:1 coaching builds the whole system around your calendar: training, food structure, sleep, and the headspace to hold it together. In Boston and online.

Book a free 20 min strategy call: **cal.com/coachmikeurso/strategy-call** or DM me **TOTAL** on Instagram.