Sleeping Change #1 - Turn off screens 1-2 hrs before bed  
**Date:**  
Sleeping Change #2 - Use f.lux  
**Date:**  
Sleeping Change #3 - Don’t do household chores at night  
**Date:**  
Sleeping Change #4 - Read before bed  
**Date:**  
Sleeping Change #5 - Organize your bedroom  
**Date:**  
Sleeping Change #6 - Leave the house at least once per day  
**Date:**  
Sleeping Change #7 - Set an alarm at night  
**Date:**  
Sleeping Change #8 - Make your room pitch dark  
**Date:**  
Sleeping Change #9 - Wear a sleep mask and earplugs  
**Date:**  
Sleeping Change #10 - Cut your caffeine intake at 3 pm  
**Date:**  
Sleeping Change #11 - No alcohol before bed  
**Date:**
- Sleeping Change #12 - Stop drinking water at the right time
  Date:
- Sleeping Change #13 - Take care of outside noises
  Date:
- Sleeping Change #14 - Adjust the temperature
  Date:
- Sleeping Change #15 - Put your phone in airplane mode
  Date:
- Sleeping Change #16 - Don’t check the time when you wake up
  Date:
- Sleeping Change #17 - If you have to get up, leave the lights off
  Date:
- Sleeping Change #18 - Take naps during the day
  Date:
- Sleeping Change #19 - Adjust to the baby’s sleep cycle
  Date:
- Sleeping Change #20 - Put a quote on your baby’s crib
  Date:
- Sleeping Change #21 - Learn what your baby needs
  Date:
Get help from Paul the sleep coach
(one week of free coaching with coupon code NGOEKEWEEK)

Do all these changes 1 day at a time with this mini course
($9.99 instead of $29.99 with coupon code SLEEP20, only valid for 50 people)