



The Human Optimization Project

Pod-Club

E40 How to Fix Your Sleep Environment for Big Gains in Sleep Quality

Discussion Questions for this Episode:

- 1) Discuss your overall sleep status with your group.
 - How much sleep do you get each night?
 - When do you go to bed and when do you get up?
 - Is it generally high-quality sleep?
 - Do you feel well rested in the AM when you wake up?
 - Do you need an alarm clock to wake up?
 - How does that vary on your days off when/if you sleep in?
 - How much sleep would you want to be your best self (not just, “I can get by on x hours of sleep.”)?
- 2) How big of an impact does your sleep (or lack of) have on you on a daily basis?
- 3) Take an inventory of your current sleep environment. Think about the lighting, temperature, and sound. Report back to the group to discuss what your current set up looks like (good and bad).
- 4) Now, discuss the other elements of your sleep environment such as bed partner, pets, kids, bedding, etc. How big of an impact do these things have on you? Have your group give you potential strategies for improving these things.
- 5) Discuss your current caffeine usage with your group. How much do you drink, when do you drink it, and when is the last time you consume caffeine during the day? What changes need to be made here?
- 6) What do the two hours before going to bed look like for you? Do you have a “wind down” routine that you use prior to bed? Have the group analyze your routine to help you spot simple changes you could make to improve it.
- 7) Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your sleep environment. For this, focus on the “quick wins” discussed in section three of this episode.
- 8) After others list the "one new thing" of "action step" they are going to do, help them refine that to make it more: clear, objective, measurable, and simple.