

What Your Room Is Like at Night

Helps you notice what the room itself does to your sleep, and change one thing.

WHEN TO USE THIS

Use this while you are in the room, ideally in the evening.

Draw your room, roughly. Mark the bed, the window, the door, and the lights.



What is the room like at night?

- ☐ Too warm or too cold
- ☐ Light from a window, screen, or hallway
- ☐ Noise from outside or another room
- ☐ Someone else moving or snoring
- ☐ Pets on or near the bed
- ☐ The bed itself is uncomfortable
- ☐ It feels fine to me

Which one of those bothers you the most?

What would it take to change that one thing this week?

Cheap and quick counts. So does asking someone for help.

You cannot fix a whole room in a week. One thing is a real change.