GRP

GUT REBALANCING PROTOCOL

MODULE 5 – SLEEP, ACTION AND TRACKING SHEET…

SLEEP ENVIRONMENT MAKEOVER…

Do your **Sleep Environment Makeover** on ONE day or progressively over the week. Re-read the section **Sleep Environment Makeover** in your **Optimal Sleep Handbook**

After you complete each… write how you feel – physically, mentally, emotionally – after implementing each change.

ACTION	Describe how you feel – physically, mentally, emotionally – after implementing each change
Removed all clutter	
Intensive bedroom clean	
New pillows	
Flipped or ordered a new mattress	
Sheets and Pillowslips organic natural fibre	
Quilt and blankets organic natural fibre	
Pyjamas organic natural fibre	
Lightbulbs Blue blocking and/or Twilight	

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OPTIMAL SLEEP PRACTICES…

Re-read your **Optimal Sleep Handbook** to ensure you are familiar with EACH PRACTICE and ready to implement. This tracking sheet is designed for you to take 5-10 minutes every day, to look inwards and OBSERVE your own behaviour, in and around sleep, and examine your lifestyle.

How to track… Log the previous day's completed Sleep practices. Example in red

1. On each day, next to each OPTIMAL SLEEP PRACTICE, write in either...
   i. **YES** (Y)… indicates you did it 100%.
   ii. **NO** (N)… indicates you did NOT do it.
   iii. **NN** (Not necessary)… indicates it wasn't necessary *e.g. "Did not have to 'clear my head before bed' because no to do lists or anything going on"*
2. Then next to Y or N … type in whether it was easy, challenging, or if you felt resistant to doing.

Optimal Sleep Practices *Low light from sundown*	**Monday** *Y – Easy*	**Tuesday** *N – Resistant to*	**Wednesday** *Y - Challenging*	**Thursday** *Y – Easy*	**Friday** *Y - Challenging*	**Saturday** *N – Resistant to*	**Sunday** *Y – Easy*
Exposure to morning sunlight							
Daylight exposure 3 x 5-mins+							
Low light from sundown							
Digital hygiene from 8pm							
Warm shower/bath, put on pjs							
Diffuse Lavender oil *optional*							
Drink a cup of herbal relaxing tea *optional*							
Moonshine grounding *optional*							
Before Bed Yin Yoga							
Clear your head before bed							
Read a good book *optional*							
Practiced gratitude and thanks							