SLEEP & RECOVERY · LIFESTYLE CHECKLIST

Deep *Sleep*

A lifestyle checklist for slow-wave sleep, the deepest stage of the night. Check off the habits you already have, then choose one or two to add.

65°F
BEDROOM
for deep sleep

01 Circadian rhythm & light

Set the rhythm your body sleeps on

- [ ] **Keep a consistent sleep and wake time**, every day, including weekends. This is the single most stabilizing habit for slow-wave sleep.
- [ ] **Get morning natural light:** 20–30+ minutes outdoors soon after waking to anchor the circadian clock.
- [ ] **Get midday natural light:** brief outdoor exposure reinforces daytime alertness and circadian signaling.
- [ ] **Get evening natural light:** exposure as the day winds down supports the transition into night.

02 Evening light & screens

Protect melatonin release after dark

- [ ] **Dim lights in the evening,** or use Hooga Health light bulbs for any lighting needed after dark.
- [ ] **Avoid blue light and screens** for 2 hours before bed.
- [ ] **If screens can't be avoided,** wear RA Optics glasses at night.
- [ ] **If a night light is needed to read,** use a Hooga Health red light.
- [ ] **Remove devices and screens from the bedroom** and keep it gadget-free.

03 Eating & substances

What and when you consume

- [ ] **Finish vigorous exercise 2–3 hours before bed,** rather than right before sleep.
- [ ] **Cut caffeine 8–10 hours before bedtime.** It blocks adenosine, the pressure that drives deep sleep.
- [ ] **Limit alcohol.** It fragments sleep, suppresses REM, and reduces slow-wave sleep.
- [ ] **Eat a light evening meal** and taper fluids a couple hours before bed to avoid indigestion and waking.
- [ ] **Finish eating 2–3 hours before bed** to allow time to digest before lying down.

04 Environment & wind-down

The room and routine that make deep sleep possible

- [ ] **Keep the bedroom cool,** around 65°F / 18°C. Core body temperature must drop to initiate deep sleep.
- [ ] **Keep it dark and quiet:** block outside light and minimize noise disruption.
- [ ] **Take a hot bath or shower 1–2 hours before bed.** The drop in core temperature afterward helps trigger sleepiness.
- [ ] **Build a wind-down routine:** reading, stretching, or journaling worries before bed.
- [ ] **Follow the 25-minute rule.** If not asleep after ~25 minutes, get up and do something calm in dim light. Don't train the brain to link bed with wakefulness.

Reference: Walker, M. (2017). *Why We Sleep: Unlocking the Power of Sleep and Dreams.*

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