

Upgrade Program Sleep Plan

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Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) to co-design and execute this plan alongside you.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally moderate confidence of plan
- Based on 30+ years of experimenting to optimize sleep, 100+ hours of sleep research, and helping 10+ clients improve their sleep

Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Improve quality of sleep
 - a. Establish consistent sleeping and waking routines¹
2. Improve amount of sleep

¹ [Sleep timing, sleep consistency, and health in adults: a systematic review](#)

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Sleep Rating: How would you rate your quality of sleep, on a 1-10 scale?
- Average Total Sleep Time
- Average Daily Hours of Sleep
- Average Amount of Time Needed to Wake-up
- Average Amount of Time Needed to Fall Asleep

Values

List all of your relevant values and rank them in order of importance.

1. Health
2. Longevity
3. Productivity
4. Focus
5. Stability

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value.

- Time costs: 230,000 hours
- Financial costs: \$0 - \$50,000 dollars (e.g., doctors, psychotherapists, books, tools, etc.)
- Other benefits: \$X in extremely large objective and subjective benefits (e.g., lifespan², healthspan, well-being³, health, mood, energy, productivity, etc.)

Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

Key People

² [Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem](#) - 15% lower mortality rate

³ [Getting More Sleep Linked to Higher Well-Being](#) - 4.8 point higher average on the Gallup-Healthways Wellbeing Index

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- Do the work on your own
- Outsource some of the work to experts (e.g., doctors, sleep coaches, etc.)
- Outsource some of the work to assistants

Key Timings

- Make incremental progress every day until you reach your objectives
- Make as much progress as you can over a set period (e.g., one week, two weeks or one month)
- Intensively invest resources until you reach your objectives
 - Drop everything else in life for 2-10 days to let your body's sleep cycle reset, then let your desired sleep cycle emerge
- Accept your current sleep quality for the time being, but schedule a clear time in the future to address it

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your [mental model](#) of sleep
 - a. Create a visual representation from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
 - c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the [assessments](#), [tools](#), and [resources](#) below
3. Track sleep patterns using a sleep tool (e.g., [Oura Ring](#), [Circady](#), etc.) until you know your baseline data
4. Address any chronic or severe sleep issues, generally with the support of a medical professional
5. Experiment with different sleep schedules until you find the optimal schedule for you
6. Ensure you get as close your optimal amount of sleep per day as possible, usually 7-8 hours⁴
7. Improve your sleep space until it's optimal for you
 - a. Ensure your room is as dark as possible (e.g., by using [black out curtains](#))
 - b. Insofar as it's comfortable for you, keep your room cool (19-21°C) before bedtime⁵

⁴ [Association of Sleep Duration With All- and Major-Cause Mortality Among Adults in Japan, China, Singapore, and Korea](#)

⁵ [Effects of thermal environment on sleep and circadian rhythm](#)

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- c. Get the best possible bed within your budget (e.g., [EightSleep](#))
 - d. Get the best quality bedding materials within your budget (e.g., [weighted blankets](#), [AllergyCare Cotton Pillow Cover](#), etc.)
 - e. Limit outside noise as much as you desire (e.g., [earplugs](#), [white noise machines](#), etc.)
 - f. Experiment with new sleeping positions until you find your optimal
 - g. Experiment with clothing on and off until you find your optimal
 - h. Experiment with sleeping by yourself or with others until you find your optimal
 - i. Consider improving the scent of your room (e.g., lavender oil aromatic diffuser⁶)
 - j. Consider wearing socks to help regular your body temperature⁷
8. Create an evening routine and execute it⁸
 - a. Avoid drinking caffeine for several hours before bedtime⁹
 - b. Consider drinking a drink a cup of chamomile tea¹⁰ a few hours before bedtime
 - c. Avoid drinking alcohol or eating¹¹ at least one hour before bedtime¹²
 - d. Limit blue light as much as possible for at least half an hour before going to bed¹³ by using a blue light filter for your screens or blue light blocking glasses¹⁴ (e.g., [Barner](#))
 - e. Consider taking a hot shower¹⁵ before going to bed to reduce your body core temperature and induce a relaxed state¹⁶
 - f. Avoid electronic devices right before sleeping¹⁷
 - g. Dim the lights of your room when you start getting ready for bed (illuminance of 180 lux or less) and make sure the room is dark when you go to sleep¹⁸
 - h. Consider adding a meditation practice, breathing technique, or visualization right before sleeping (e.g., [Tide](#), [Headspace](#), etc.)
 9. Create a morning routine and execute it
 - a. Consider using a progressive alarm (e.g., [Sleep Cycle](#), [Lumie® Bodyclock sleep/wake-up and SAD light therapy lamps](#), etc.)
 - b. Drink a glass of water after waking up

⁶ [An olfactory stimulus modifies nighttime sleep in young men and women](#)

⁷ [Effects of feet warming using bed socks on sleep quality and thermoregulatory responses in a cool environment](#)

⁸ [Impact of pre-sleep habits on adolescent sleep: an Italian population-based study](#)

⁹ [The role of sleep hygiene in promoting public health: A review of empirical evidence](#)

¹⁰ [Chamomile: A herbal medicine of the past with bright future](#)

¹¹ [Associations between bedtime eating or drinking, sleep duration and wake after sleep onset: findings from the American time use survey](#)

¹² [The role of sleep hygiene in promoting public health: A review of empirical evidence](#)

¹³ [Systematic review of light exposure impact on human circadian rhythm](#)

¹⁴ [Interventions to reduce short-wavelength \(“blue”\) light exposure at night and their effects on sleep: A systematic review and meta-analysis](#)

¹⁵ [Functional link between distal vasodilation and sleep-onset latency?](#)

¹⁶ [Effects of thermal environment on sleep and circadian rhythm](#)

¹⁷ [Unrestricted evening use of light-emitting tablet computers delays self-selected bedtime and disrupts circadian timing and alertness](#)

¹⁸ [Systematic review of light exposure impact on human circadian rhythm](#)

- c. Consider adding a meditation practice, breathing technique, or visualization right after waking up (e.g., [Tide](#), [Headspace](#), etc.)
10. Consider taking a daily sleep supplement (e.g., [melatonin](#)¹⁹, magnesium²⁰, or a combination supplement)
11. Improve your [emotional well-being](#)
12. Improve your [health](#)
13. Improve your [nutrition](#)
14. Improve your [fitness](#)

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]
- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]

¹⁹ Melatonin's effectiveness is highly dependent on the correct form and dosage: [The Therapeutic Potential of Melatonin: A Review of the Science](#)

²⁰ [Oral Mg\(2+\) supplementation reverses age-related neuroendocrine and sleep EEG changes in humans](#)

- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [Circadian Energy Scale \(CIRENS\)](#): a simple chronotype measurement tool based on energy that consists of two introspective questions about usual energy level in the morning and evening
- [Insomnia Severity Index](#): a document to determine insomnia severity index
- [Pittsburgh Sleep Quality Index \(PSQI\)](#): an effective instrument used to measure the quality and patterns of sleep in adults. It differentiates “poor” from “good” sleep quality by measuring seven areas

Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [1Hour Break](#)
- [AllergyCare Cotton Mattress Encasing](#)
- [AllergyCare Cotton Pillow Cover](#)
- [AllergyCare Organic Cotton Mattress Encasing](#)
- [AllergyCare Organic Cotton Pillow Encasing](#)
- [AllergyCare Solution Bed Bug Proof Mattress Encasing](#)
- [Amiigo Wristband](#)
- [Apollo](#)
- [Avocado Green Mattress](#)
- [Baloo Weighted Blanket](#)
- [Barner](#)
- [Bearaby Cotton Napper](#)
- [Beddit](#)
- [Blackout curtain](#)
- [ChiliPad](#)
- [Circady](#)
- [Dozy](#)
- [DreamPad](#)
- [Earplugs](#)
- [EightSleep](#)
- [EmWave2](#)
- [Evolution's Sleep-Safe ZipCovers Pillow Protectors](#)

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- [Fitbit Surge Fitness Super Watch](#)
- [F.lux](#)
- [Headspace](#)
- [Hexoskin Smart Garments](#)
- [I Can't Wake Up!](#)
- [Intellibed Sleep Genius Smart Base](#)
- [Lumie Wake-Up Lights Alarm Clock](#)
- [Luna Cotton Weighted Blanket](#)
- [Melatonin](#)
- [Mental Workout](#)
- [Modafinil](#)
- [Mood Tracker](#)
- [My Sleep Bot](#)
- [MyWoolly Washable Wool Pillow](#)
- [NeoRhythm](#)
- [Night Owl](#)
- [Oura Ring](#)
- [Philips Hue](#)
- [Pzizz](#)
- [Re-Timer](#)
- [Remee](#)
- [Roosters](#)
- [Samina Sleep System](#)
- [Sleep as Android](#)
- [Sleep Cycle](#)
- [Sleep School](#)
- [Sleep Time](#)
- [Sleepedy](#)
- [Sleepio](#)
- [Sommerfly's Sleep Tight Weighted Blanket](#)
- [Somryst](#)
- [Stoggles](#)
- [SureGuard Pillow Protectors](#)
- [Tide](#)
- [Twilight](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Emotional Plan](#)
- [UP Fitness Plan](#)
- [UP Health Plan](#)
- [UP Nutrition Plan](#)
- [UP Tools](#)

- [Weighted blanket](#)
- [White noise machine](#)
- [Whoop](#)
- [Withings Sleep Tracking Mat](#)
- [Zenobase](#)

Resources

List all of the resources you might use to achieve your objectives. Below are some sample resources.

- [Good Sleep, Good Learning, Good Life](#)
- [Lucid Dreaming](#)
- [Polyphasic sleeping](#)

Notes

Use this as a section for random thoughts, questions, uncertainties, etc.

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