

Template: The 10-Minute Decompression (Sleep Hygiene)

Phase 1: The Protocol Mission

The goal is to stop the "Mental Loop" before it starts. We aren't aiming for a 2-hour meditation; we are aiming for a consistent biological signal that the day is over.

Mission Briefing: My mission is to execute my Minimum Viable Habit (MVH) every night for 21 days to automate my transition into deep sleep.

- **My Minimum Viable Habit (MVH):** Sit on the edge of the bed and take **3 deep belly breaths** (approx. 30 seconds).
- **The Rule:** Even if I am exhausted or late, I must do the 3 breaths.

Phase 2: The Anchor Protocol (The Trigger)

We will link this new habit to an existing, automated "end-of-day" action.

- **The Anchor:** "After I **plug my phone in to charge for the night**, I will immediately **sit on the edge of the bed for my 3 breaths.**"

Pro-Tip: Moving your charger away from your nightstand (to a dresser or desk) makes this anchor even stronger by physically removing the "Blue Light" temptation.

Phase 3: The Consistency Matrix (21-Day Reset)

The satisfaction of the "X" is your dopamine hit. **Do not break the chain.**

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Status	[]	[]	[]	[]	[]	[]	[]

Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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Status	[]	[]	[]	[]	[]	[]	[]
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Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Status	[]	[]	[]	[]	[]	[]	[]

Phase 4: The System Debrief

Analyze the environment and the "Why" behind your success or failure.

- **The Friction Point:** "What was the single biggest obstacle that almost broke my chain tonight?" (e.g., *Checked a work email at 10 PM, room was too messy*).
- **The Success Factor:** "On the days I succeeded, what made it easy?" (e.g., *I dimmed the lights 30 minutes prior*).
- **The Cue Check:** "Did plugging in my phone actually remind me to breathe, or did I forget the anchor?"

Phase 5: The System Refinement Loop

Turn your setbacks into engineering upgrades for your bedroom.

The Biggest Obstacle Was:	My New Strategy to Overcome It Is:
<i>e.g., "I forgot to breathe because I was scrolling."</i>	<i>"I will set a 'Screen Time' lockout for 9:00 PM."</i>
<i>e.g., "I felt too anxious to sit still."</i>	<i>"I will add a 'Brain Dump' notebook next to my charger."</i>

e.g., *"The room was too bright."*

"I will switch to a low-wattage amber reading lamp."