

The Sleep Sanctuary Build-Out

Mission: To transform the bedroom from a multi-purpose room into a single-purpose recovery chamber.

Definition of Done: A dark, quiet, and cool (18°C) environment where the user achieves an average of 85%+ sleep efficiency (time asleep vs. time in bed) over 7 nights.

Phase 1: Environmental Discovery (The Audit)

This phase is about gathering data before spending a single dollar.

Task	Owner	Due Date	Status
<input type="checkbox"/> Light Leak Audit: Turn off all lights at night. Identify every LED, gap under the door, or thin curtain.	User		<input type="checkbox"/>
<input type="checkbox"/> Thermal Log: Record bedroom temperature at 10 PM and 4 AM for three days.	User		<input type="checkbox"/>
<input type="checkbox"/> Audio Scan: List the top 3 recurring external noises (traffic, snoring, appliances).	User		<input type="checkbox"/>

Phase 2: Asset Procurement (The Sourcing)

Selecting the hardware required to meet the "Definition of Done."

- **Task 1: The Foundation.** Ensure the bed frame is noise-free and provides 100% flat support.
- **Task 2: Light Blockage.** Order blackout curtains or "side channels" to eliminate 99% of external light.
- **Task 3: Airflow Management.** Source a fan or specialized cooling mattress protector to maintain a steady temperature.
- **Task 4: Tactile Comfort.** Choose linens based on "Skin-Feel" (e.g., Percale for hot sleepers, Flannel for cold).

Phase 3: Execution & Calibration (The Setup)

The heavy lifting of the project.

- **Installation:** Hang the blackout solutions and move electronics (TVs, charging stations) outside the "Sanctuary" zone.
- **Spinal Alignment Check:** Have a partner take a photo of your side profile while lying on the mattress. Is your spine a straight horizontal line?
 - *If No:* Adjust pillow loft or add a mattress topper.
- **Air Quality Check:** Ensure no scents or dust-collecting clutter remain under the bed.

Phase 4: The 7-Night "Burn-In" (Deployment)

Testing the system in the real world.

- **Constraint:** No screens in the sanctuary for 7 nights.
- **Metric:** Use a wearable or a simple sleep log to track "Wake After Sleep Onset" (WASO).
- **Calibration:** If you wake up too hot on Night 2, adjust the TOG rating of your duvet for Night 3.

Phase 5: Post-Mortem Analysis (The Feedback Loop)

This is the most critical part of the P5 Protocol. It prevents the user from reverting to old habits.

What Went Well? (Keep)	What Went Wrong? (Change)	Next Steps/Optimizations
e.g., "The blackout curtains made it easier to stay asleep past 6 AM."	e.g., "The room felt too stuffy with the door closed."	"I need to purchase a HEPA air purifier with a cooling fan."

