

The Shared Sleep Compatibility Audit

An Insight Distillation & Action Engine for Couples

Mission: To transform nightly sleep disruptions into a collaborative, data-driven optimization project. Complete this audit together to isolate the mechanical or environmental variables affecting your rest.

◆ Phase 1: The Core Distillation

The single most critical point of friction in our shared sleep setup is:

(Constraint: Define the physical or environmental issue in one sentence without assigning blame. Focus on the mechanics.)

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- *Example: "High motion transfer from the innerspring mattress is causing micro-awakenings whenever one of us shifts positions."*

◆ Phase 2: The Evidence Extraction

Map the specific data points and variables of our sleep mismatch.

- **Partner A's Primary Diagnostic Requirement:**
- *(e.g., Needs high-gauge edge support and a surface temperature below 65°F)*
- **Partner B's Primary Diagnostic Requirement:**
- *(e.g., Requires deep pressure relief for side-sleeping shoulder pain)*
- **The Baseline Compromise Metric:**
- *(e.g., The setup must feature pocketed coils or dense memory foam to neutralize kinetic transfer)*

◆ Phase 3: The Resonance Matrix

How does this specific friction point manifest in our daily performance, and how does this audit reframe the problem?

- **Impact on Partner A:**
- *(e.g., "I realize my mid-afternoon brain fog is directly tied to the three times I'm woken up at night.")*
- **Impact on Partner B:**
- *(e.g., "My lower back stiffness makes morning workouts impossible, meaning my side of the mattress lacks lumbar support.")*

◆ Phase 4: The Actionable Commitment

Our single, agreed-upon physical optimization to our bedroom architecture this week is:

(Constraint: Must be a specific, verifiable, verb-based action taken together.)

- **[] Action:**

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- *Weak Example: "We will try to sleep better and not toss and turn."*
 - *Strong Example: "We will implement the Scandinavian sleep method using two separate twin XL duvets starting tonight to eliminate temperature wars."*

- ♦ **Phase 5: The Application Log**

Track the ROI of the implemented protocol. This closes the loop between theory and applied sleep science.

Our Optimization Protocol	Date Deployed	The Empirical Result
<i>e.g., Deployed two separate breathable cotton duvets.</i>	<i>2026-05-02</i>	<i>Partner A achieved uninterrupted sleep; Partner B maintained warmth. 100% success rate.</i>