The sleep protocol

Nine practices from Stu Morris. Most take nine minutes or no extra time. Educational — not medical advice.

01 **Aim for roughly 7 hours**
Most adults function well between 7 and 9. Protect a core window of about 7 hours. Sleep is not whatever is left after the work.

02 **Keep the same sleep–wake window**
Including weekends. Set the wake time you intend to keep.

03 **Get outdoor light soon after waking**
Within 15 to 60 minutes. Ten to fifteen minutes outside is usually enough.

04 **Keep the bedroom cool**
About 60–67 °F (15–19 °C).

05 **Dim the last one to two hours**
Put bright and blue-rich screens away, or switch to a warm, dim setting.

06 **Stop caffeine by early-to-mid afternoon**
Set a hard cutoff. Half-life is often 5 to 7 hours.

07 **Prefer side sleeping**
Supports alignment and, for many people, easier breathing.

08 **Keep hard training earlier**
Avoid intense exercise in the 2 to 3 hours before bed.

09 **Walk about 10 minutes after meals**
A short walk blunts the glucose spike that can fragment sleep.

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