

Agoge Day 8 Task

What is my problem?

- I have difficulty getting quality sleep and therefore I wake up tired

Factory Walk:

- I work on TRW and copywriting late into the evening/night
- I have school the entire day (8 am to 5 pm)
- Watch the PUC at 5 pm
- Watch the Agoge Call at 7 pm
- I do my workout at around 8 pm every day
- I go to bed at 10 pm
- While in bed, I continue working on TRW
- At around 11 pm, I turn off my Laptop
- Then I sleep
- In the morning I wake up tired (4 am)

How to solve the problem:

- I stop working at 9 pm and go to bed at that time as well
- I use an app called SleepCycle (which wakes me up in the light sleep phase and also tracks the sleep quality)
- Don't use electronic devices from 9 pm onwards