

Bad Outcome: Reduced sleep, less energy throughout the day, taking a 3 hour nap in the afternoon

The factory line:

The night before starting at 10pm I spend my time on my Ipad (I'm an iPad baby).

The blue light effect results in me not falling asleep until 12am-2am.

I get really tired because I wake up at 4am which is bad.

The root cause is that my environment makes it super easy and convenient to doom scroll and spend my time on devices during bed time.

The fact that it's an option is enough to keep me awake and yearn for it.

Updated strategy:

Starting at 8pm in the evening, my iPad will be all the way across my house from my room and my phone will be across my room.

That way, getting my iPad isn't even an option for me and I have to walk all the way across my room to turn off my alarm so that I'm more awake.

That way, I can hammer out my 200 burpees and get the work done for the day with maximum capabilities and not be hindered by the lack of sleep.