

Screens Down, Sun Up

How to start today

Choose a new habit you would like to work on in your everyday life

- Switch off screens one hour before bedtime
- Do quiet, analogue activities in the last hour before bedtime
- Go to bed at the same time
- Get morning daylight within 30 minutes of waking
- Save first screen use for after morning light
- Spend more time outside during the day



Scan to learn more about The Movement and the Sleep experiment.



Let's work it out together

My commitment

Research shows that writing down a specific habit change, together with when, how often and where you will do it, makes it easier to follow through.

I commit to:

(example: Switch off screens at 10 pm)

When:

(example: Every weekday evening)

How often:

(example: 5x/week)

Where:

(example: Bedroom)

Screens Down, Sun Up

How to start today

Choose a new habit you would like to work on in your everyday life

- Switch off screens one hour before bedtime
- Do quiet, analogue activities in the last hour before bedtime
- Go to bed at the same time
- Get morning daylight within 30 minutes of waking
- Save first screen use for after morning light
- Spend more time outside during the day



Scan to learn more about The Movement and the Sleep experiment.



Let's work it out together

My commitment

Research shows that writing down a specific habit change, together with when, how often and where you will do it, makes it easier to follow through.

I commit to:

(example: Switch off screens at 10 pm)

When:

(example: Every weekday evening)

How often:

(example: 5x/week)

Where:

(example: Bedroom)