



# *The Power of 8 Starter*

## **Your first 3 habits**

Better Sleep edition · free fillable sampler



- How the 8-habit engine works
- The first 3 Better Sleep habits, with 2-minute versions
- A 9-day mini tracker you can fill on screen or print

START HERE

## *How the engine works*

Every Power of 8 guide uses the same simple system. It's built for real days: small habits, added slowly, with a plan for the hard ones.

### **1 Eight small habits**

One life area, eight practical habits sized for real days.

### **2 Add one every three days**

Days 1–24: a new habit unlocks every three days. No pile-on start.

### **3 Keep what you started**

When habit two begins, habit one stays. The stack grows on purpose.

### **4 Cement all eight**

Days 25–30: no new habits. Practice the full stack until it feels familiar.

### **5 Hard day? 2-minute version**

Every habit has a short version. It still counts as done.

### **6 Miss one? Return to it**

Go back to the earliest habit you missed and rebuild from there. Never restart from zero.

**Why so slow?** Habits usually take longer than "21 days" to feel automatic. A well-known 2010 study by Lally and colleagues found an average of about 66 days, with a wide range from person to person. Adding one habit at a time gives each one room to settle in, and the 2-minute version keeps hard days from breaking the chain.

## *How to use this starter*

- Read the three habit cards (pages 3–4) and fill in **My plan** for each.
- Start Habit 1 today. On day 4 add Habit 2, and on day 7 add Habit 3. Keep the earlier ones going.
- Check off each habit every day on the 9-day tracker (page 5). A 2-minute version counts.
- Missed a day? Go back to the earliest habit you missed, give it a fresh 3 days, and keep the rest.

# Your first three habits



HABIT 1 OF 3 IN THIS STARTER (8 IN THE FULL GUIDE)

## Same Wake Time

Days 1-3 · then keep it

**What:** Wake at the same time every day (within 30 minutes), including weekends.

**Why it matters:** Your body clock locks more to wake time than bedtime.

**How:** • Pick a wake time you can keep most days. • One alarm, feet on the floor within 10 minutes.

**2-minute version:** Same alarm. Stand for 2 minutes, even if you rest after.

**Done when:** You hit your wake window today.

### MY PLAN

My wake time

Where my alarm goes



HABIT 2 OF 3 IN THIS STARTER (8 IN THE FULL GUIDE)

## Caffeine Cutoff

Starts day 4 · keep Habit 1

**What:** No caffeine after a fixed cutoff (try 8 hours before bed, or 2 p.m.).

**Why it matters:** Caffeine can still block sleep long after you feel fine.

**How:** • Choose one cutoff time and set a phone reminder. • After the cutoff: water, herbal tea, or decaf only.

**2-minute version:** After the cutoff, have one non-caffeine drink. No "just one more."

**Done when:** You honored the cutoff today.

### MY PLAN

My cutoff time

My after-cutoff drink



HABIT 3 OF 3 IN THIS STARTER (8 IN THE FULL GUIDE)

## Dim the Last Hour

Starts day 7 · keep Habits 1–2

**What:** Lower the lights for the last hour before bed.

**Why it matters:** Bright light tells your brain it's still daytime.

**How:** • Set a "dim lights" alarm 60 minutes before bed. • Use soft lamps instead of overhead lights.

**2-minute version:** Even 15 minutes of dim light before bed counts.

**Done when:** Lights were dimmed for your wind-down.

### MY PLAN

My dim-lights alarm time

Lamps I'll use

## Make it yours

Why I want better sleep right now

What usually gets in the way

My plan for hard days

CHECK OFF EACH HABIT, EACH DAY

# Your 9-day mini tracker

Habit 1 starts day 1. Habit 2 joins on day 4, Habit 3 on day 7. Shaded boxes aren't unlocked yet. A 2-minute version counts as done. Missed one? Go back to the earliest habit you missed, give it a fresh 3 days, and keep the rest.

| Day                                       | 1                        | 2                        | 3                        | 4                        | 5                        | 6                        | 7                        | 8                        | 9                        |
|-------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Date                                      | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     | <input type="text"/>     |
| <b>1. Same Wake Time</b><br>from day 1    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2. Caffeine Cutoff</b><br>from day 4   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3. Dim the Last Hour</b><br>from day 7 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Used a 2-min version?                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Day 9 check-in

What's working?

What's not working yet?

One small tweak for next week

AFTER DAY 9

## *Keep going: the full guide*

You've started a stack. The full **Habits for Better Sleep** guide continues the same way: five more small habits, one every three days, then days 25–30 to cement all eight. Every habit has a 2-minute version and a Revisit section so you can adjust it to your real week.

- All 8 Better Sleep habits, each with what / why / how and a 2-minute version
- Fillable 30-day checklist plus a Revisit page for every habit
- Use it on screen or print it · pay what you want, \$8 minimum

See the full Better Sleep guide

Buy on Gumroad · \$8+

### *Collecting more than one?*

The VIP Inner Circle is \$5/month and takes \$3 off every Power of 8 guide, so the \$8 minimum becomes \$5. Your member code arrives in your VIP welcome email. Cancel anytime.

Join VIP

## *22 guides, same engine*

Sleep, mornings, focus, inbox, money, conversations, weekly resets, and more. Pick the life area that matters most right now, one stack at a time. Browse them all at [powerof8.realengage.app](https://powerof8.realengage.app).

**Please read:** Lifestyle guide, not medical advice. If you have a sleep disorder, chronic insomnia, or health concerns, talk with a qualified clinician. Results vary. Habit research is cited for framing only (Lally et al., 2010, *European Journal of Social Psychology*). © 2026 Cristopher Stanford. Free to download, print, and share unchanged for personal use.