

WEEK 2 · TASK 3

5-Night Sleep Audit

Log 5 nights. AI summarizes. Fix one variable next week.

Sleep is leadership compounded. Most men diagnose by feeling, which is the worst possible instrument. Today: 5 nights of data, then one decision.

Action checklist

- For 5 nights, log briefly (Notes app or paper):
 - Time to bed, time awake
 - Caffeine cutoff time
 - Screen cutoff time
 - Stress level 1–10
 - How rested you feel in the morning, 1–10
- On Saturday, paste all 5 nights into Claude. Ask for patterns and the ONE variable to change.
- Implement that one change next week. No others.

ONE VARIABLE

Change five things at once and you'll know nothing. Change one thing and you'll know the truth in a week.

Scripture sit

Psalm 127:2 — "He gives to his beloved sleep." Treat the gift like a gift, not an obstacle.

What I noticed

Captain's next move
