



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Morning physical activity																														
Morning exposure to natural light																														
No caffeine after 2 pm																														
Having dinner before 8 pm																														
Hot bath or shower 2 hours before sleeping																														
Turning off screens 90 min before sleeping (ideally before 9 pm)																														
Brushing teeth/siwak, putting on pajamas when turning off screens																														
Sothing activities without any screen, before going to bed																														
Readin the Quran																														
Makin the ablution before going to bed																														
Dusting the sheets																														
Reciting verses of the Quran																														
Reciting duas																														
Sleeping toward the Qiblah on the right side																														