

## Experiment 2

Are you a good sleeper?

There are a number of apps that can track how well you're going. These are available for just about all smart phones, smart watches or fitness devices. (Yes, I know, it might seem counterintuitive to turning your tech off at night, but they usually work okay with flight mode on so you won't be disturbed by other notifications.)

Do a bit of research to find the right one for you, your lifestyle and your device.

The best ones are those that allow you to enter a few conditions for the day:

- whether you have exercised
- what your stress levels are
- what you have eaten
- how much water you have drank
- how much alcohol you have consumed.

Start to track your patterns and determine the conditions under which you get the best night's sleep. For example, when I did my own analysis, I found that my best quality sleep was on a Monday night, when I had been for a 20-minute walk in the afternoon and consumed a small glass of red wine — yep, go figure!