

30 Day Challenge

Reading 15-30 minutes before sleeping
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Why I picked this topic?

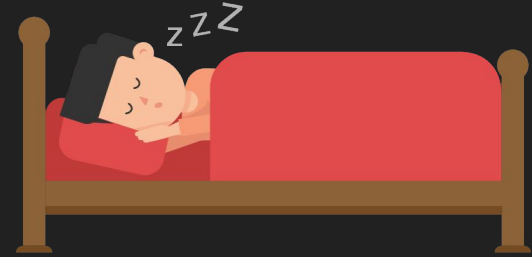
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One of the many Reasons why I picked this topic was cause 1. I sort of suffer from insomnia, 2. Reading is one of my hobbies, and 3. I would like to learn how to combat this medical condition.

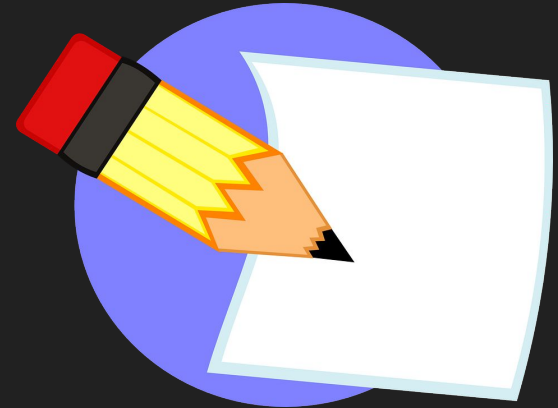
My Goal for this challenge

My goal in this challenge. Is to try and test whether reading before bed helps with sleep and if it helps with waking up in the morning.



How I plan to keep track of progress

For reading time, I will slowly raise the time for reading each week that passes. So the first week will be 15 mins of reading while next week i'll add 5 more minutes. Then each morning, after I wake up I will rate how i slept in one category and if i woke up good in another.



Journaling methods to collect data



Throughout the challenge I will periodically be writing comments on the sleep and waking up categories. I will also write various comments of different things I read before sleeping.

Flexibility of the challenge.

This challenge has a wide variety of things that I can change or add onto it. There shouldn't be anything stopping me from reading before sleeping unless I happen to fall asleep while reading. If I needed to change anything or add it can be easily done.

Ways to accessing my goal

I have multiple ways of accessing my main term goal. The goals can differ. Some being about helping people with sleeping issues, to helping people find an alternative to forcing your body to sleep, to trying a method that will help a person with waking up, and all sorts of other goals. My challenge can be changed to fit certain criteria and can lead to alternate goals.

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