



The Low-Friction Sleep System Framework

**Better sleep rarely comes from finding the perfect routine.
More often, it comes from removing the small habits
that quietly make rest more difficult.**

Stabilise Timing

Go to bed and wake up within a consistent window most days.

Reduce Late Inputs

Limit caffeine, work, and stimulating content in the final hours of the day.

Create a Repeatable Wind Down

Use the same small sequence each night to signal closure.

Simplify The Sleep Environment

Let the bedroom become a place associated primarily with rest.

Aim For Better, Not Perfect

Small, repeatable habits outperform perfect routines.
