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Sex, Porn and Masturbation Addiction

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Getting the right sleep is crucial to your success.

Work backwards to create a bedtime. Bedtimes and wake up times should be consistent all 7 days.

The average person needs 8 hours of sleep to feel well rested throughout the day. So if you are waking up at 6am you will need to be asleep between 10pm.

Most people don't fall asleep immediately. In order to fall asleep by your bedtime it's important to create a bedtime ritual 1 hour before you intend to sleep. Your bedtime ritual can be unique to you. Here are some tips to get you started:

- Limiting screens including phone and TV
- Doing something calming like yoga or reading
- Taking a warm bath or shower, washing your face, etc.
- Setting out tomorrow's stuff: making your lunch, picking out your clothes, etc.
- Meditation
- A walk outside

Instructions: Fill out the information below:

My wakeup time is:

My bedtime ritual will start at:

My bedtime ritual:

My bedtime:
