

Sleep and performance: how bad nights hurt decisions



Action plan

- 1** Keep regular sleep and wake times, weekends included
- 2** Cut caffeine six to eight hours before bedtime
- 3** Dim bright lights and screens in the last hour
- 4** Write down pending worries before going to bed
- 5** See a doctor if your sleep stays poor

Key takeaway

Sleep isn't a reward for effort: it's the foundation that supports good decisions.