SLEEP

Build the descent that walks your body down into sleep.

The big idea: A **descending-tempo playlist** (roughly 80 down to 60 BPM) is the ISO arc for bedtime — it walks your nervous system down. Music meaningfully improves sleep quality (Wang, 2014).

KEY TAKEAWAY

Start the playlist a notch above where your mind actually is, then let the descending tempo walk you down. Give it two full weeks before you judge it.

A The Descent

Build a 30–45 minute playlist that descends from about 80 BPM to 60 BPM, and start it 30 minutes before you want to sleep.

- Build a 30–45 minute SLEEP playlist of music you like, sequenced from ~80 BPM down to ~60.
- Start it 30 minutes before you want to be asleep. The descending tempo is the ISO arc.
- Pair it with a consistent cue — same playlist, same room, same dim light.
- Let it end before you're fully asleep, and rest in the silence.

#	DESCENT PLAYLIST — IN ORDER (FAST → SLOW)	APPROX. BPM / FEEL
1		
2		
3		
4		
5		
6		

B Engineer Your Sleep

Lock in the cue and give it two weeks. Consistency is what builds the effect.

My consistent sleep cue (room, light, playlist): .....

The last-hour habit I'll protect / replace: .....

Two-week start and check-in dates: — Start ..... End .....

CARRY IT TO YOUR JOURNAL →

What honestly fills the last thirty minutes before you try to sleep? What would happen if half of that became music at 60 to 80 BPM?