

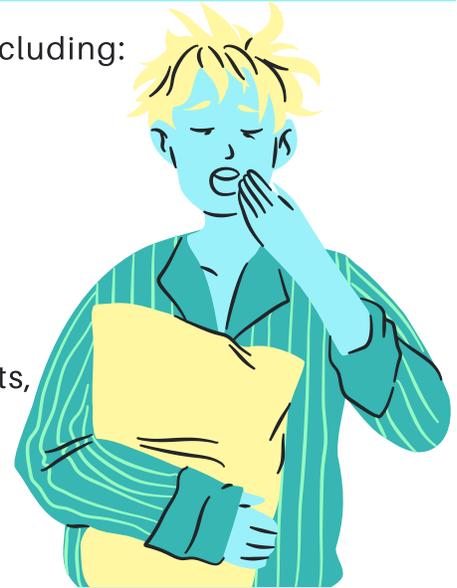
• TWEAK 6 •

SLEEP

There are several benefits of good sleeping habits, including:

- More energy throughout the day
- Brighter disposition
- Stronger immune system
- Maintains metabolism
- Improves memory and focus
- Balances mood and emotions

if you want to track your sleep and learn healthy habits,
[join the 28-day Sleep Challenge!](#)



WEEK 1

CREATE A SLEEP ROUTINE

WEEK 2

REMODEL YOUR ENVIRONMENT

WEEK 3

TWEAK YOUR DAYTIME HABITS

WEEK 4

INCORPORATE PHYSICAL ACTIVITY

• SLEEP •

WEEK 1: CREATE A SLEEP ROUTINE

Create a personalized sleep routine to help you fall asleep at night. Practicing this routine on a regular basis tells your body that it's time for bed and can help set the sleep cycle in motion.

Choose a bedtime & wake up time

Establish a bedtime for every night and a wake up time for every morning. Keep in mind, most adults need 7-9 hours of sleep each night, and some can work with 6.

Unplug

Put electronic devices in a drawer and turn off the television or computer an hour before bed. The blue light from television, computers, and mobile devices is associated with stimulation of brain activity. We need our brains to relax before sleeping.



Think ahead

Prepare anything you need for the next day. This could include making meals, laying out clothes, or packing a gym bag. Preparing these items the night before can help eliminate the stress of having to complete several tasks in the morning.

Relax

- **Reading a book?** Avoid thrillers, or other books that get your heart pumping.
- **Listening to music?** Make sure it's soothing.
- **Taking a shower or bath?** Try lukewarm water. Overly hot or cold water can have stimulating effects.
- **Loosen up.** Try gentle stretches or [Bedtime Yoga](#) to help your body unwind.

More tips

- Only go to bed when you feel tired enough to sleep.
- Reflect on your day. Jot down important moments and practice gratitude.
- Dim the lights in your home as your bedtime approaches. Avoid bright lights 30 minutes before bed.

• SLEEP •

WEEK 2: REMODEL YOUR ENVIRONMENT

Make your room and home more comfortable and appealing for sleep by removing distracting items and adding helpful items.

Change the lighting

- Turn off any bright lights 30 minutes before bed
- Place night lights in your bathrooms and hallways
- Use a book light
- Use lamps or soft lighting in the common areas of your home and in your bedroom before bed
- Check watt sizes; light bulbs should be 60 watts or less to give you enough light to do activities like reading without brightening the entire room.
- Try blackout curtains or blinds to reduce streetlight or sunlight
- Use a sleep mask

Assess your bed

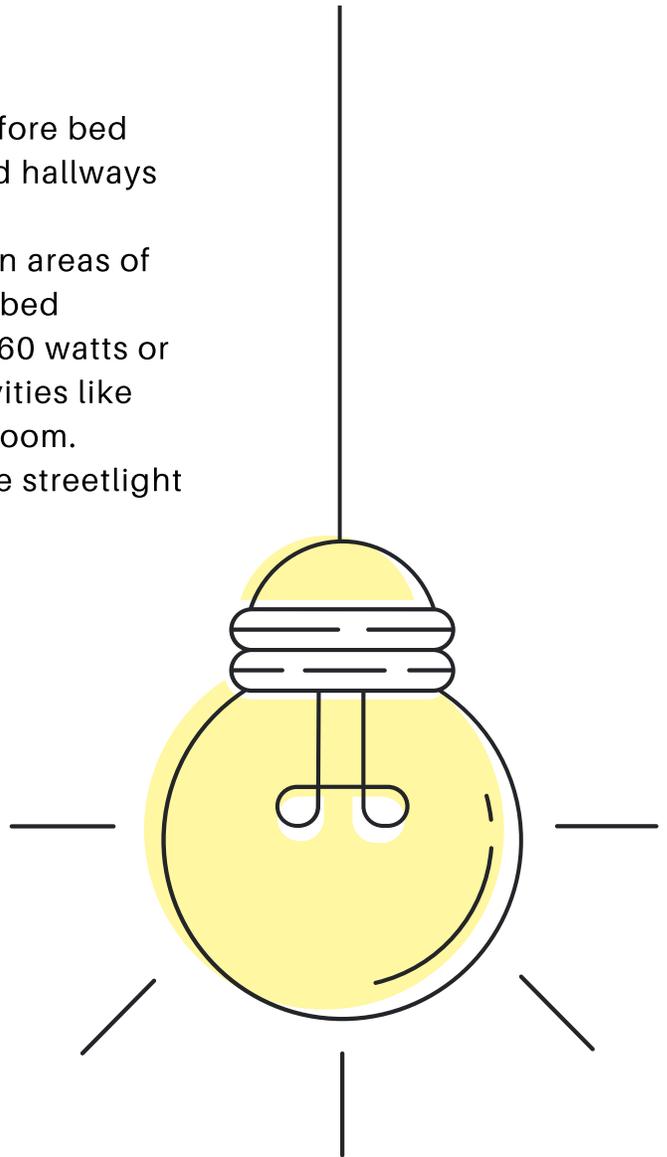
Is it comfortable? Do you have appropriate sheets and blankets? Do you wake up in the night sweating or freezing? Change your bedding accordingly, and don't scrimp! You spend a significant amount of time here.

Lower AC at night

65°-73° F is the ideal sleeping temperature. The temperature in your bedroom can influence your quality of sleep by interfering with your body temperature.

Remove clocks from your bedroom

When you're having trouble falling asleep or falling back asleep, looking at the clock can often increase stress, making it harder to fall asleep.



• SLEEP •

WEEK 3: TWEAK YOUR DAYTIME HABITS

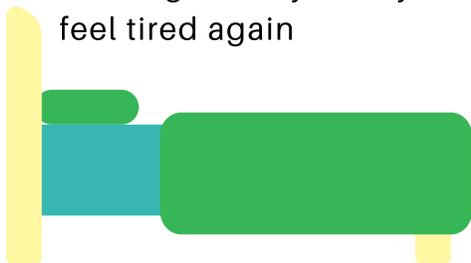
Think about your daily routine and habits. Evaluate how those may be affecting your ability to fall asleep and stay asleep throughout the night.

- Make sure you are getting enough sunlight every day
- Limit caffeine consumption 6 hours before bed and limit alcohol consumption 3-4 hours before bed
 - Intake of items like coffee, red wine, and chocolate show links to disrupted and shallow sleep. Limiting consumption of caffeine and alcohol close to bed also helps avoid waking up frequently to use the bathroom.
- Maintain regular mealtimes and try not to eat a heavy meal two hours before bed
- Try not to drink too much water before bed
- Restrain from taking naps later in the day
 - If you do nap, keep it to about 20-30 minutes
 - Keep your weekend sleep schedule similar to your work week schedule
- Beware of oversleeping. Too much sleep can negatively affect your health
- Wear sleep-friendly materials when you go to bed, like cotton, to prevent overheating at night

TROUBLE SLEEPING?

If you are having **trouble falling asleep**, don't stress

- Worrying about falling asleep can activate a stress response, which can keep you awake
- If you don't fall asleep within 15-30 minutes, get out of bed and engage in a calming activity until you feel tired again



If you **wake up in the middle of your sleep cycle** and having trouble falling back asleep... don't stress

- Studies show that we historically haven't slept for 7+ hours without disruption. Research indicates that we would wake up several times throughout the night to make sure our surrounding environment was safe and then go back to sleep. So take a few deep breaths and assure yourself that this is normal!
- Engage in a calming activity
- Dump your thoughts or worries that may be keeping you up on a sheet of paper or journal to revisit in the morning
- Avoid clocks, television, and electronic devices. Do not check the time!

• SLEEP •

WEEK 4: INCORPORATE PHYSICAL ACTIVITY

Engaging in physical activity regularly keeps you energized throughout the day and helps you fall asleep faster at night. Physical activity reduces arousal and anxiety, which are two main causes of disrupted sleep.

- Aim for 150 minutes of physical activity a week and at least two strength training workouts
- Stay active throughout the day
- Take your exercise outside to get sunlight during the day
- Walk! Make it a habit. Walk after meals, on lunch breaks, or on meetings
- Perform gentle exercises before bed to relax your muscles

ADDITIONAL RESOURCES: PILLOW MISTS*

Sleepy Time Pillow Mist

- Mix equal parts water and witch hazel in a mini spray bottle
- Add lavender, sweet orange, and Roman chamomile essential oils until you achieve your desired scent!

Lavender Pillow Mist

- Mix equal parts water and witch hazel in a mini spray bottle
- Add desired amount of lavender essential oil

Eucalyptus Spearmint Pillow Mist

- Mix equal parts water and witch hazel in a mini spray bottle
- Add desired amounts of eucalyptus and spearmint essential oils



***Some essential oils can be dangerous to pets.
Use this resource to check if oils are safe.**