

# Get Your Zzz's On



## PART 1: MAKE SLEEP FRIENDLY CHOICES THROUGHOUT THE DAY

Choices you make throughout the day can significantly impact your sleep at night. Aim to incorporate as many sleep friendly choices as possible. *Located on pages 3 and 4.*

## PART 2: DEVELOP A BEDTIME ROUTINE

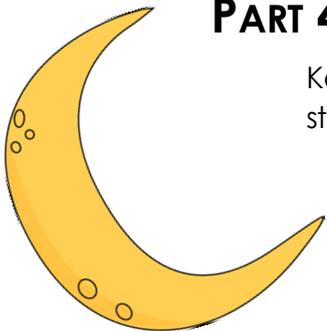
Think back to your bedtime routine as a child. Maybe you got a warm bath and received a bedtime story. Aim to create a new bedtime routine that is just as relaxing. *Located on page 5.*

## PART 3 (OPTIONAL): FIND YOUR BEST BACK-TO-SLEEP SOLUTIONS

Waking in the middle of the night can severely impact sleep quantity and quality. If you often wake up and have trouble falling back asleep, try the strategies in part three to find the back-to-sleep solutions that work best for you. *Located on page 6.*

## PART 4: TRACK YOUR SLEEP TO FIND WHICH STRATEGIES WORK BEST FOR YOU

Keep this log near your bed for the next fourteen days. Reflect on your sleep each morning, noting which strategies from each of the three parts had the most positive effect on your sleep. *Located on page 7.*



## Getting Started

### Directions

1. Start by answering the questions below. Hold on to your answers as these will be used to complete the post survey, which is required to be entered into the prize drawing.
2. Use the logs on the next pages to complete parts 1-4 over the course of the next fourteen days. You will work on each part at the same time and you do not need to complete one part before moving on to another. In other words, you will be making sleep friendly choices, building a bedtime routine, finding your back-to-sleep solutions (if applicable) and tracking your sleep for the next fourteen days. Please note that you can complete this challenge for any fourteen consecutive days between June 4 and June 27.
3. Complete your post survey by **June 27**. The post survey is located at [gatorcare.org/sleep](http://gatorcare.org/sleep).

### Before you begin the challenge, answer the questions below.

**Important!** Hold on to your answers. Once you complete the challenge, you will use your answers below to complete the post survey.

1. How many hours of sleep do you get each night on average? **0-2** **2-4** **5-6** **7-8** **8-9** **9+**
2. How many of hours of sleep would you like to get each night on average? **0-2** **2-4** **5-6** **7-8** **8-9** **9+**
3. Do you wake up feeling well rested? **Yes/No/Sometimes**
4. What do you hope to gain from this challenge?  sleep more  sleep better  fall asleep faster  stay asleep
5. What do you typically do before bed? Do you have any routines in place? Explain.

---

---

6. What is currently keeping you from having the best sleep of your life?

---

---

# PART 1: MAKE SLEEP FRIENDLY CHOICES THROUGHOUT THE DAY

Aim to incorporate as many sleep friendly choices in to each day. Be sure to reflect back each morning using the log in part 4 to see how those choices may have affected your sleep.

## WEEK 1 (DAYS 1-7)

SLEEP FRIENDLY CHOICES I MADE TODAY...	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Got natural light within the first 20 minutes of waking							
Opened blinds, moved closer to a window, and/or took a "sun break" during the day							
Avoided caffeine 6 hours before bed							
Avoided stimulants like alcohol and nicotine 3-4 hours before bed							
Exercised for 30 minutes or more during the day and ended 2-3 hours before bed							
Moved throughout the day to achieve 10,000+ steps							
Took 1 minute before entering my home to mentally switch my brain off from work							
Cut back on liquids in the evening to avoid waking up to use the bathroom							
Avoided screens (TV, phone, tablet) 30-60 minutes before bed							
Dimmed all lights & avoided bright lights (like bathroom lights) 30-60 minutes before bed							
Made my bedroom as cool as possible (turned the AC down to 65-75°, used a thinner blanket, or wore lighter pajamas)							
Practiced a relaxing bed time ritual (see part 2 on next page) prior to going to bed							
Turned phone on airplane mode before bed							
Did not do any activities in bed (eat, watch TV, read, etc.)							
Only got in bed when I was truly tired							
If I woke up in the middle of the night: Used one of the techniques from part 3 to help me fall back asleep							
Went to bed and woke up at my "normal" time							
Went to bed at							
Woke up at							

# PART 1: MAKE SLEEP FRIENDLY CHOICES THROUGHOUT THE DAY

Continue to incorporate the choices that positively impacted your sleep in week 1, and try out some new activities in week 2. Continue using the log in part 4 to track how these choices may have affected your sleep.

## WEEK 2 (DAYS 8-14)

SLEEP FRIENDLY CHOICES I MADE TODAY...	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Got natural light within the first 20 minutes of waking							
Opened blinds, moved closer to a window, and/or took a "sun break" during the day							
Avoided caffeine 6 hours before bed							
Avoided stimulants like alcohol and nicotine 3-4 hours before bed							
Exercised for 30 minutes or more during the day and ended 2-3 hours before bed							
Moved throughout the day to achieve 10,000+ steps							
Took 1 minute before entering my home to mentally switch my brain off from work							
Cut back on liquids in the evening to avoid waking up to use the bathroom							
Avoided screens (TV, phone, tablet) 30-60 minutes before bed							
Dimmed all lights & avoided bright lights (like bathroom lights) 30-60 minutes before bed							
Made my bedroom as cool as possible (turned the AC down to 65-75°, used a thinner blanket, or wore lighter pajamas)							
Practiced a relaxing bed time ritual (see part 2 on next page) prior to going to bed							
Turned phone on airplane mode before bed							
Did not do any activities in bed (eat, watch TV, read, etc.)							
Only got in bed when I was truly tired							
If I woke up in the middle of the night: Used one of the techniques from part 3 to help me fall back asleep							
Went to bed and woke up at my "normal" time							
Went to bed at							
Woke up at							

## PART 2: DEVELOP A BEDTIME ROUTINE

Ease into sleep with a period of relaxation an hour or so before bed. Try out each of the techniques listed below to find your ideal bedtime routine. Your routine should be consistent, simple, soothing, and should last about thirty to sixty minutes. Incorporating this routine every night will signal to your body that it's time for bed.

To Help You Fall Asleep...		
Techniques	Notes (I tried this and...)	Add to your routine? (Y or N)
<b>Set the mood.</b> Dim all lights and use secondary lights in the bathroom and kitchen 30-60 minutes prior to bed. Turn down the thermostat or use a fan. The ideal snoozing temperature is 65°.		
<b>Read or listen to an audiobook.</b> These should be pleasure reads, not work-related materials. Try to avoid reading or listening to a book in bed.		
<b>Listen to calm, peaceful music.</b> Nature sounds and ambient music are ideal for soothing the mind and getting you ready for sleep.		
<b>Jot down the best parts of your day.</b> Take a moment to reflect and practice gratitude.		
<b>Review your calendar and mentally prepare for tomorrow.</b> Be sure to end the review with permission to relax. You are in control and ready for the day ahead.		
<b>Stretch, meditate, or breathe.</b> Work through a few <u><a href="#">yoga poses</a></u> , focus on your <u><a href="#">breath</a></u> , or <u><a href="#">meditate</a></u> . Links available at <a href="http://gatorcare.org/sleep">gatorcare.org/sleep</a> .		
<b>Try aromatherapy.</b> Using calm and relaxing essential oils like lavender or chamomile can help you fall asleep faster.		
<b>Take a warm bath or shower.</b> The cool down afterwards reduces your body temperature, which can trigger a tranquil, drowsy feeling.		
<b>Other:</b>		
<b>My ideal bedtime routine is...</b>		

## PART 3: FIND YOUR BEST BACK-TO-SLEEP SOLUTIONS (OPTIONAL)

Research suggests that waking up in the middle of the night may have been normal for our ancestors. The best thing to do if you wake up in the night is to accept it. Don't panic or stress about falling back to sleep. Make relaxation your goal and try one of these back-to-sleep solutions.

### To Help You Fall Back Asleep...

Techniques	Notes (I tried this and...)	Did this work? (Y or N)
<p><b>Don't stress and don't check the time.</b> Allowing ourselves to feel frustrated or stressed that we won't be able to fall back asleep or we will wake up tired elicits the stress response. This response primes our body for action, and physiologically makes it more difficult to fall back asleep.</p>		
<p><b>Get out of bed.</b> Do something quiet and unexciting, like listening to soothing music, reading something you've read before, knitting or coloring. When you feel sleepy again, go back to bed. Avoid turning on bright lights for these activities.</p>		
<p><b>Keep it dim.</b> Light signals your body to wake up. Keep the lighting dim and install night lights in areas you may need to access in the middle of the night, like bathrooms and hallways.</p>		
<p><b>Dump your thoughts.</b> If thoughts, worries, or ideas are keeping you up, jot them down. Allow yourself to rest knowing that you can revisit those thoughts in the morning.</p>		
<p><b>Stretch, meditate, or breathe.</b> Work through a few <a href="#">yoga</a> poses, focus on your <a href="#">breath</a>, or <a href="#">meditate</a>. Links available at <a href="http://gatorcare.org/sleep">gatorcare.org/sleep</a>.</p>		
<p><b>Avoid your phone or tablet.</b> Not only does the blue light impede sleep, but these activities may also be too stimulating, making it harder to fall back asleep. The same goes for an alarm clock. If you have one, don't fall victim to staring at it. Remember, you are trying not to panic or stress about being awake.</p>		
<p><b>Focus on your body.</b> This can help you get out of your head. Scan your body and be curious about each body part. Is there pain? Where does your body come into contact with the bed? The sheets? The pillow?</p>		

The following techniques worked for me...

# PART 4: TRACK YOUR SLEEP TO FIND WHICH STRATEGIES WORK BEST

Use this log to reflect on your sleep each night. Revisit which strategies from parts 1-3 had the biggest effect on your sleep.

WEEK 1	Rate your sleep quality (1 = poor, 5 = excellent)	Did you have trouble falling asleep?	Did you wake up and have trouble falling back asleep?
Day 1	1 2 3 4 5	Yes / No	Yes / No
Day 2	1 2 3 4 5	Yes / No	Yes / No
Day 3	1 2 3 4 5	Yes / No	Yes / No
Day 4	1 2 3 4 5	Yes / No	Yes / No
Day 5	1 2 3 4 5	Yes / No	Yes / No
Day 6	1 2 3 4 5	Yes / No	Yes / No
Day 7	1 2 3 4 5	Yes / No	Yes / No
WEEK 2	Rate your sleep quality (1 = poor, 5 = excellent)	Did you have trouble falling asleep?	Did you wake up and have trouble falling back asleep?
Day 8	1 2 3 4 5	Yes / No	Yes / No
Day 9	1 2 3 4 5	Yes / No	Yes / No
Day 10	1 2 3 4 5	Yes / No	Yes / No
Day 11	1 2 3 4 5	Yes / No	Yes / No
Day 12	1 2 3 4 5	Yes / No	Yes / No
Day 13	1 2 3 4 5	Yes / No	Yes / No
Day 14	1 2 3 4 5	Yes / No	Yes / No

When you complete all 14 days, take the post survey located at [gatorcare.org/sleep](https://gatorcare.org/sleep) to wrap up your sleep journey and be entered into the drawing for sleep related prizes! Surveys must be completed by **June 27**.

