

# Sleep Well

## Improving Quantity and Quality of Sleep Challenge

### SLEEP ROUTINE

A sleep routine that delivers 7-8 hours of sleep is a key success factor for consistent quality sleep.

- Go to bed at regular bed time
- Wake up at same time daily
- Limit late nights on weekends
- Use ear plugs and mask if helpful
- Don't lie awake for more than 20 minutes



### SLEEP ENVIRONMENT

Set yourself up for success by creating an environment that promotes restful sleep.

- Comfortable bed
- Comfortable pillows
- Temperature at 60 – 68°F
- Window coverings that block out light
- No distractions in bedroom: such as TV, computer, tablets



### BEDTIME PREPARATION

Preparing for bedtime sets you up for a restful night.

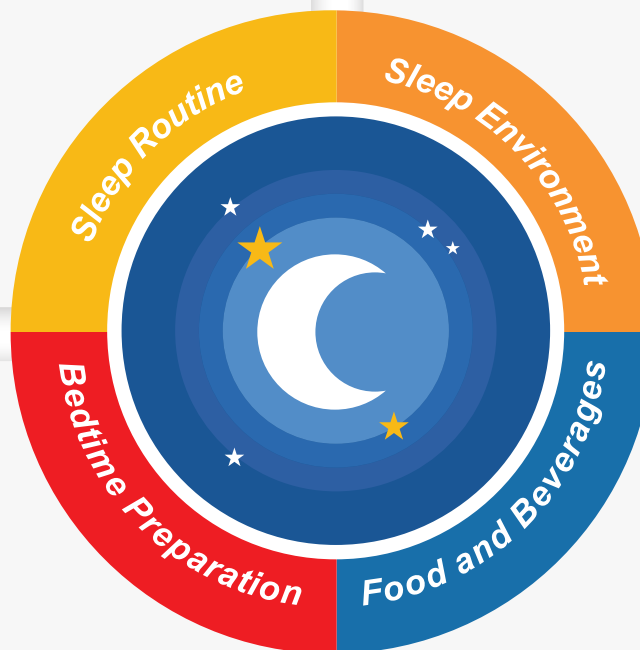
- Create “To-Do” list for next day
- Shut down all screens 30 minutes before bed
- Put phone on “Do Not Disturb” setting
- Establish evening bathroom routine
- Read a book or magazine
- Listen to soothing music



### FOOD AND BEVERAGES

Be mindful of food and beverages that interrupt sleep by causing indigestion, nighttime urination, and wakefulness.

- Avoid caffeine 6 hours prior to going to sleep
- Limit large meals before bed
- Limit spicy foods during dinner
- Limit alcohol during the evening
- Limit fluid intake 2 hours before bedtime

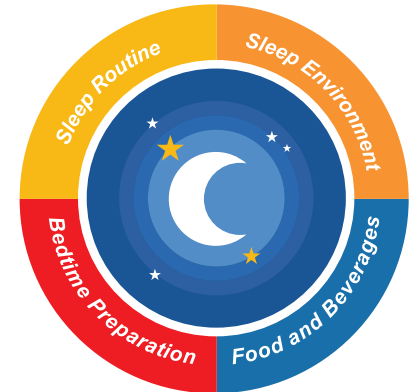


# Improving Quantity and Quality of Sleep Challenge



## My Pledge

I pledge to try different strategies to improve my sleep. I am committing to making adjustments in my sleep environment, eating and drinking habits, bedtime preparation, and sleep routine so I can Sleep Well and Live Well.



## How the Challenge Works:

Jot down some sleep improvement strategies in these 4 areas that you are willing to try so that you can Sleep Well.



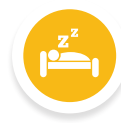
**Sleep Environment**



**Food and Beverages**



**Bedtime Preparation**



**Sleep Routine**

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

## Record your SleepWell activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated  Sleep Environment,  Food and Beverages,  Bedtime Preparation, and  Sleep Routine techniques to improve your sleep to help you Sleep Well and Live Well. Use a **star** to record the nights you had improved sleep or a good night's rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>