



Chapter 6-2 ADEQUATE SLEEP

Creating a Sleep Healthy Lifestyle Plan and Family Sleep Plan

01 Having a regular wake time is even more important than having a regular bedtime. Although it can feel like a ‘treat’ to sleep late, its’ best not to sleep more than an hour later on your days off.

What time do you need to wake up during work/school days?

What time do you need to wake up during work/school days?

02 The first time you get bright light in the morning signals the start of the day and it triggers your body to switch into daytime mode. Ideally, you should get 20 minutes of bright outside light soon after waking, but at least within the first two hours of the day.

What time will you be able to first get outside and what will you do during that time?

03 It is also important to get bursts of bright outside light throughout the day, ideally 10 minutes every couple hours. It may be easiest to schedule by time, or by linking this with activities already scheduled.

_____ Time, or activity _____

_____ Time, or activity _____

_____ Time, or activity _____

_____ Time, or activity _____



04 The next step is to schedule mealtimes. Regular mealtimes with a 4-5 hour interval between them help synchronize our body clock. What times are best for you to eat?

_____ Breakfast

_____ Lunch

_____ Dinner

_____ Snack (could be afternoon, evening, or not at all)

05 Everyone has a main task each day, whether it's a paid job, home-making, school, or another main activity. Starting this about the same time each day helps strengthen our circadian rhythm. If your schedule fluctuates, are there modifications you can make to create consistencies?

_____ Time to start your main task

06 Feeling socially connected and secure also helps sleep. What time can you connect with your people?

_____ Time(s) to socially connect with people each day.

07 It is important to wind-down in dim light for an hour or so before bed, and do something relaxing.

_____ Time(s) to socially connect with people each day.

What would you enjoy doing during you wind-down?



	Name	Name	Name	Name
1. How much sleep do you do best with?				
2. What time do you naturally wake on your own?				
3. Using these numbers, what is your bedtime?				
4. Start wind-down an hour before bed, turn down lights (What time is wind-down for you?)				
What's your enjoyable wind-down activity?				
6. Create an ideal bedroom which is (not always practical or possible) <input type="checkbox"/> cooler than 65 degrees <input type="checkbox"/> dark (or use mask) <input type="checkbox"/> comfortable bed and pillow <input type="checkbox"/> clean <input type="checkbox"/> no clock <input type="checkbox"/> quiet (or use white noise machine, fan or ear plugs)				
7. Time to stop drinking caffeine (8 hours before bed), alcohol (4 hours before bed) or consuming any form of sugar (2 hours before bed).				
8. Are there sleep symptoms that need to be addressed?				

A big thank you to Dr. Catherine Darley, www.naturalsleepmedicine.net for a large portion of this information!

Other bonuses and guides to download that help promote adequate sleep can be found at www.DREAMWellnessBook.com/Bonuses:

Parents Guide to Teaching Children to Sleep Alone

14 Bedtime Rituals for Better Sleep

Sleep Affirmation

Information on BrainTap