

SLEEP

Better sleep means better moods. There are many time-tested remedies for getting a good night's sleep. Get into a healthy routine. Do the same things in the same order every night.

Do.

Several things can help.

Examples are:

- Hot shower or bath before bed
- Cool bedroom
- Dark room. No night lights.
Close curtains to keep light out.
- Scent of lavender or chamomile on pillow
- Massage
- Soft, calming music
- Protein snack (milk, peanut butter sandwich or nuts)
- Write in journal; focus on appreciation, caring and acts of kindness
- Wear special sleeping clothes (pajamas)

Avoid.

Some things interfere with sleep.

Examples are:

- Exercise within an hour before bedtime
- TV in bedroom
- Loud, energizing music
- Using bedroom for phone, TV, computer, or homework (non-sleep activities)
- Caffeine after noon

Exercise during the day can improve sleep at night.

Sleep deprivation.

Staying up all night (36 hours straight) can improve moods temporarily. It can also be risky.

Please talk with your health professional before trying this strategy.

Other

Consider trying:

- Herbal teas containing chamomile, lemon balm, hops, valerian
- Meditation
- Progressive relaxation
- Biofeedback

How much is enough?

- ✓ At least 7 – 8 hours every 24 hours.
- ✓ More than 10 hours is usually not helpful unless there is an acute illness.

Risks of Inadequate SLEEP:

- ✓ Sadness, irritability, moodiness, feeling worried or out of sorts
- ✓ Weight gain
- ✓ Difficulty concentrating
- ✓ Weakened immune function

Benefits of sufficient SLEEP:

- ✓ Better mood, calmer, more confidence
- ✓ Better focus and attention
- ✓ Optimal weight
- ✓ Stronger immune function

Plan a strategy

Imagine your long-term goal. See yourself being well-rested, focused, energized and cheerful.

Start with baby steps. What will you do this week that you didn't do last week?

- Pick a strategy (consider a new one to build variety): _____
- Pick the number of days this week you will do it: ____ days this week

Chart your progress (see back of this page)

Plan your reward: What will you do to celebrate your success? _____

Action plan for SLEEP

Ready: What are your goals THIS WEEK?

By the end of this week, I will have done:

Example	GOOD ENOUGH	BETTER	WOW!
Type of Change: Get TV out of bedroom. Turn off TV 30 minutes before bedtime (TV off 30)	TV out of bedroom	TV off 30 minutes before bed	TV-free after supper (TV free)
Number of days I will have done it:	3	5	7
Hours of restful sleep each night	More than 7; less than 12	8	9
Your goals:			
Type of Change:			
Number of days I will have done it:			

Set:

What are the Barriers to achieving this goal (*Example*, TV is heavy to move)? _____

What are the Resources succeed (*Example*, Ask family member to help move it)? _____

How will you celebrate your success (*Example*, Movie with friend)? _____

Go!

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL SUCCESSES
<i>Example:</i>	TV out of room		TV Off 30		TV-free	TV off 30	TV off 30	5!
Your progress here								
Hours of sleep								

Comments: _____

Plan for next week: _____