

# A better night's sleep

Have a nightly routine to prepare yourself for sleep. A warm shower before bed can relax you.

Use white noise to block out noises while you sleep.

Go to sleep and try to wake up at the same time each day.

Use light blocking curtains.

Keep your room at a cool temperature.

No screen time 30 minutes before sleep. Put your phone in another part of the room so you aren't tempted to look at it.

Try mindfulness/meditation before you go to sleep.

Don't use your bed for anything but sleep and sex.

Limit the caffeine use, especially in the evening.

Exercising at any point in the day will help you sleep.

# How well are you doing with your sleep?

How many hours of sleep do you get each night? \_\_\_\_

Multiply that number by 7 = \_\_\_\_

**This means you are getting \_\_\_\_ hours of sleep each week.**

Compare your total to the following chart to see how your sleep compares:



**Zero-27:** You are getting less than 4 hours of sleep (on average) each night. This puts you at significant risk for physical and emotional health concerns. Please consider talking to your physician or to a counseling professional to assist you in overcoming this sleep deficit.

**28-41:** You are getting under half of the recommended hours of sleep each week. No doubt you feel tired, anxious and probably somewhat overwhelmed. Look at your sleep patterns, watch the video again to how your lack of sleep is impacting you and then use the tips on the other side of this sheet to help improve your sleep.

**42-55:** You are under the recommended number of hours each sleep. You probably are noticing some edginess in your mood or some difficulty concentrating at times. Aim to go to bed just a little bit earlier! Look at the tips on the other side of this handout to help improve your sleep.

**56-70:** You are getting the optimal number of hours each week! Good job!