

Power Your Life with Better Sleep

Why is Sleep Important?

Sleep is powerful. It can promote:

Getting enough sleep is important to me because

Effects of sleep deprivation

- Cognitive function
- Skin
- Heart Health
- Immune System
- Metabolism
- Mood
- Cancer Risk

Things that Interfere with Sleep

Things that interfere with my sleep are

Techniques to Improve Sleep

- Keep in sync with your natural sleep-wake cycle

I normally wake up at _____ o'clock.

I normally get out of bed at _____ o'clock.

I normally feel sleepy (ready to go to bed) at _____ o'clock.

- Get out of bed if you cannot sleep

- Quiet the mind
- Relax the body

Techniques I will try to implement when I cannot sleep

Improve your sleep hygiene

Techniques to improve sleep hygiene

Ways I can improve sleep my hygiene

Techniques to Improve Sleep for Shift Worker

If possible, try to

- Plan for sleep
- Avoid working multiple shifts in a row or rotating shifts
- Avoid long commutes
- Avoid bright light on your drive home
- Avoid drinking caffeine late in your shift
- Avoid being stagnant between shifts

When to Call Your Doctor

- Regularly have trouble falling asleep or staying asleep
- Waking up earlier than you'd like
- Not waking up refreshed
- Excessively sleepy or tired during the day
- Difficulty performing daily activities
- Fall asleep during tasks
- Snoring or gasping loudly during sleep

My Sleep Commitment

I will go to sleep at _____ o'clock.

I will get up at _____ o'clock.

If I have trouble sleeping I will

To quiet my mind in preparation for sleep I will

To relax in preparation for sleep I will

I will improve my sleep hygiene by

I will deal with sleep barriers by

Relaxation Techniques

Steps to deep breathing exercise

- Sit in a relaxed position.
- Place your hand on your navel. This will help you learn to breathe diaphragmatically, through your nose, pushing down with your diaphragm as you inhale while relaxing your abdominal muscles. Your hand should rise when you inhale and go down when you exhale.
- Take a slow, deep breath in and then let it out slowly.
- Breathe as slowly and deeply as possible, without tension or discomfort of any kind. Your tongue should rest lightly on the roof of the mouth.
- Repeat 10 times.

Steps for muscle tension and relaxation

- Sit in a relaxed position.
- Begin with your facial muscles. Frown hard for 5-10 seconds and then relax all your muscles.
- Work other facial muscles by scrunching your face up or knitting your eyebrows for 5-10 seconds. Release. You should feel a noticeable difference between the tense and relaxed muscles.
- Move on to your jaw. Then, move on to other muscle groups—shoulders, arms, chest, legs, etc.—until you've tensed and relaxed individual muscle groups throughout your whole body.

Steps for guided imagery

- Sit in a comfortable position.

- Imagine a pleasant, peaceful scene, such as a lush forest or a sandy beach. Picture yourself in this setting.
- Focus on the scene for a set amount of time (any amount of time you are comfortable with) and then gradually return to the present

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