**Sleep More, Wake Up Well**

**Tips to Help You Get to Bed and Fall Asleep Faster**

Sleep hygiene is important to making sure that the sleep you do get, no matter how much, is going to be helpful. Make a note using the below list of things you currently do, things you wish to implement, and what your goal timeframe would be to make this happen!

<table>
<thead>
<tr>
<th>Healthy sleep habit:</th>
<th>I struggle with this:</th>
<th>I want to work on this:</th>
<th>Date to check in:</th>
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<tbody>
<tr>
<td>Turn off all screens 1-2 hours before bedtime.</td>
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<td>Create a routine for your evenings (just as we do with kids!) – consider doing things in the same order to prepare your body for sleep – such as exercising, picking out your clothes for the next day, washing your face, brushing your teeth and then going to bed (and waking up) at the same time every day.</td>
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<td>Make a list of priority items and to-do reminders for the next day and set it next to your bed (and get it off your mind).</td>
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<td>Limit heavy foods and alcohol intake 2-3 hours prior to bedtime.</td>
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<td>Limit caffeinated beverages 4 hours prior to bedtime (8 hours is the true goal).</td>
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<td>Try to meditate or do some relaxing, slow breaths prior to falling asleep.</td>
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<td>Set your alarm (maybe choose a new one) and set your phone/clock away from you (so you can’t hit the snooze).</td>
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<td>Have a pleasant, clean (reduce clutter) and comfortable sleep environment.</td>
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**References:**
- Mayo Clinic ([http://mayoclinic/2E7KxxO](http://mayoclinic/2E7KxxO))

**A Wake-Up Routine May Be What You Are Missing**

Which of the below recommended aspects of a healthy wake-up routine can you add into your daily life?

- Avoid hitting the snooze button.
- Try not to let your cell phone be the first thing you look at.
- Drink a full glass (8 oz.) of water.
- Stand up and stretch for 5-10 minutes.
- Make your bed.
- Revisit your goals or priorities for today.
- Get some natural light/fresh air (if possible).
- Listen to music.
- Make time for breakfast – including a protein and a carb.
- Have somewhere to be in the morning.

**References:**
- BuzzFeed Life – Morning Person Challenge ([http://bzfd.it/2n7xKhp](http://bzfd.it/2n7xKhp))

“Early to bed and early to rise, makes a [hu]man healthy, wealthy and wise.” Benjamin Franklin
Rise & Shine Challenge

Track Your Sleep for a Month

Use the below chart to track your sleep for an entire month. The days of the month are listed along the X-axis (horizontal) and the hours of sleep you complete are along the Y-axis (vertical). There are gridlines to help you match the two up. Set the intervals on the vertical, Y-axis, to match your regular amounts of sleep - you can decide if you want each line to represent an hour or a half hour.

Check in regularly to see if there are patterns and consider making notes to help you evaluate your success:

- If it was a night you found yourself restless, put an X or some other symbol near the date.
- If you woke up feeling rested, put a star or some other symbol near the date.
- Are there days of the week you struggle with more?
- Are you staying consistent or fluctuating a lot?

Week 1 Goal: ____________________________________________
  ❖ Week 1 Observations: ____________________________________
Week 2 Goal: ____________________________________________
  ❖ Week 2 Observations: ____________________________________
Week 3 Goal: ____________________________________________
  ❖ Week 3 Observations: ____________________________________
Week 4 Goal: ____________________________________________
  ❖ Week 4 Observations: ____________________________________

How'd you do?
  ___ I nailed it!  ___ Pretty good progress  ___ Room to grow

Live Well

Questions? Please contact wellness@uc.edu
uc.edu/hr/bewelluc