



Well Powered Living 2.0

Sleep

I. Signs of poor sleep: Circle any that apply to you

- a. Daytime sleepiness
- b. Taking too long to fall asleep
- c. Difficulty waking up in the morning
- d. Forgetfulness
- e. Mood swings
- f. Cravings
- g. Weight gain in midsection

II. Personal strategies for better sleep

First, find your bedtime. Then, write down how you will work toward 7-9 hours of sleep each night.

My best bedtime:

I currently get about _____ hours of sleep each night

I need to wake up at _____ (wake time)

8 hours from my wake up time is _____ **(new bedtime)**

For each tip, write an example of how you can implement this

Sleep Hygiene	My plan
Establish a relaxing routine	
Avoid caffeine before bedtime	



Sleep Hygiene	My plan
Don't go to bed hungry or full	
Exercise	
Exposure to sunlight	
Create a pleasant sleep environment	
Emotional regulation	

III. Summary:

- a. The signs of insufficient sleep are more than just feeling sleepy
- b. There are several health benefits to getting enough sleep
- c. Aim for 7-9 hours of sleep

Sleep Ritual:
