

DID YOU KNOW?

- Just **ONE** night of disrupted sleep can lead to impaired concentration and memory, anxiety and/or low mood, and increased pain perception, to name just a few consequences.
- Longer-term sleep disruption is associated with increased risk of weight gain, heart attack, stroke, and premature death.
- 1 in 2 adults have trouble going to sleep or staying asleep.



SLEEP CHECKLIST

- Do you go to bed and wake up at roughly the same time every day of the week?**

This trains your body to accept a regular sleep schedule.

- Do you give yourself at least 8 hours of opportunity to sleep per night?**

Experts recommend at least 7-9 hours of sleep per night for most adults.

- Do you have a pre-bedtime routine?**

This cues your body that it's time to sleep. Pre-bedtime routines should start around one hour before trying to sleep, and can include drinking herbal (non-caffeinated) tea, light reading, a hot bath or shower, brushing your teeth, and/or changing into pajamas. No matter what routine you choose, the key is to do the same wind-down every night.

- Do you keep your bedroom a screen-free zone?**

Phones, computers, and even television screens emit light wavelengths that interfere with sleep quality. Using these devices right before bedtime is not recommended, and reaching for your phone when you cannot sleep only makes the problem worse.

- Is your sleep environment cool, dark, and quiet?**

Research shows that all these factors contribute to better sleep. Turn down the temperature, invest in black out shades or an eye mask, and create ambient white noise with a fan or sound machine if needed.

- Do you resist the urge to check the time when you cannot sleep?**

Clock watching can further wake you and increase your stress and anxiety about not being able to sleep.

- Do you stop consuming caffeine around lunchtime?**

Caffeine is a stimulant that stays in your body a long time. Even after 5 hours, around half of it is still in your system. Steer clear of caffeine (found in coffee, tea, soda, and chocolate) at least 8 hours before bedtime.

- Do you exercise at least three times a week?**

Regular exercise for at least 30 minutes three times a week can improve your sleep. Aim to do this during daytime hours, because vigorous exercise within 2-4 hours of bedtime can interfere with sleep.

HOW DID YOU DO?

MY TOTAL SCORE:

(Out of 8)

8

You're a sleep pro! If you are experiencing sleep disruption with this stellar score, it's probably time to seek professional advice on what else might be at play.

5-7

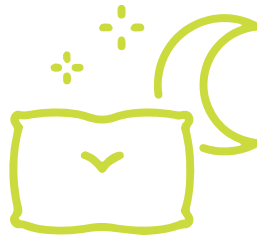
You already have some good sleep habits, but there is room for improvement.

4 OR LOWER

Chances are that your sleep is suffering. The good news is that you should be able to improve your sleep quality by changing some of your habits.

MY SLEEP PLAN

Among the items you didn't check on the previous page, choose **ONE** thing you would like to work on changing first.



The Thing I Will Work On Changing First:

What I Will Do:

When I Will Make This Change:

Who I Will Recruit To Help Me Stick To My Plan:

Now double check: on a scale from 1 to 10, how difficult do you think it will be to make this change? (1 = the easiest; 10 = the most difficult) If you selected 7 or above, make the change a little smaller to start. The easier your selected change, the better chance you have of doing it. And remember, small changes lead to bigger results when sustained over time. Once you have incorporated one change into your routine, you can add another after 3-4 weeks.

SLEEP RESOURCES AVAILABLE THROUGH TALL TREE

Want more help? **Tall Tree's Sleep Service** provides more detailed information and treatment approaches for people with persistent sleep disruption. Our professionals can help you become knowledgeable about the science of sleep, learn effective strategies targeted for your particular sleep issues, build new habits and routines that support good sleep, and establish optimal, long-lasting sleep patterns.