

JULY 2023 TRACKER

sleep challenge

NAME:

DEPT:

PHONE:

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Choose from the following activities. Write the corresponding Number on the calendar. Stick with one activity or vary them--it's your choice.

1. Have a regular bed time schedule.
2. Get to bed at a reasonable time.
3. Go to bed later if you regularly wake up & can't go back to sleep.
4. Make sure your room is cool.*
5. Darken your room.*
6. Use a sleep mask.*
7. Use a sound machine.
8. Use earplugs.*
9. Avoid alcohol 4 hours before bed.
10. Use the bed for sleep & sex, no other activities.
11. Avoid caffeine 6 hours before bed & limit it all day.
12. Try yoga, stretching, or relaxation exercises before bed to unwind and release tension.
13. Do breathwork or meditate before bed.*
14. Blue light is super bright. Avoid it at night or wear blue light glasses.
15. Exercise daily: cardio, strength, or balance exercises.*
16. Put a worry tablet next to bed & write down any worry that wakes you.
17. If you can't sleep, don't toss & turn. Instead, get out of bed and choose relaxing activities that help you fall back asleep—like reading, stretching, or yoga.
18. Consider chamomile or another herbal tea before bed to help you relax.
19. Utilize light therapy to set circadian rhythm: first thing in the morning, go outside or use a happy light.
20. Avoid clock watching as it adds to anxiety & negative self-talk.
21. *Shift Change Tips: Adjust bedtime in small increments, get the family on board to minimize sleep time noise, & limit water intake 3 hours before bed.
22. Use a Fitbit or other device to track your sleep pattern.
23. Choose your own sleep time activity not listed.

CHALLENGE PERIOD: JULY 1 - 31, 2023

Note: Consult a sleep doctor to check for sleep disorders such as sleep apnea if sleep problems persist. Your primary care physician can refer you to a sleep specialist or sleep center for sleep disorder testing or a Cognitive Behavioral Sleep Therapy for insomnia.

Complete 28 out of 31 days to be entered in a drawing to win a \$10 gift certificate by sending your completed log to Theresa Ebeling (ebelinta@kirkwoodmo.org) Tu Aug 8.