



28 Days 4 Better Sleep

DID YOU KNOW:

- Your brain cannot function without sleep and there are no shortcuts
- You cannot train your brain to do more with less sleep- not even with caffeine
- There are 4 stages of sleep, and you must get through 4 to 5 cycles every 24 hrs
- Sleep cleans out garbage, helps you store and organize important data, heal itself, and generally sustains life

SLEEP STEALERS:

- Jet lag and shift lag
- Caffeine/alcohol/nicotine
- Exercise
- Heavy meal
- Bright light/ambient temperature
- Gaming
- Binge watching
- Surfing



SLEEP SOLUTIONS:

- Same wake up time every day (within 1 hr)
- Take time (60 minutes) to unwind
- Don't lay awake for more than 20 minutes (do something boring in low light)
- Avoid caffeine 6 hrs before bed
- Avoid alcohol and nicotine 2 hrs before bed (actually, avoid nicotine all the time!)
- Avoid bright lights/screentime 60 min before bed
- Avoid exercise within 3 hrs of bedtime
- Avoid healthy meals within 2 hrs of bedtime; although a light snack may be helpful
- Bedroom setup: no TV, cool, dark, quiet

Online Tools/Apps:

http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
<http://phc.amedd.army.mil/topics/healthyliving/sleep/Pages/default.aspx>
http://www.cdc.gov/sleep/about_sleep/chronic_disease.html
<https://sleepfoundation.org/sleep-topics/diet-exercise-and-sleep>
<https://www.hprc-online.org/page/mental-fitness/sleep-optimization>
<http://hprc-online.org/mind-tactics/hprc-articles/how-much-sleep-does-a-warfighter-need>

Headspace
Sleepbot
Breathe2Relax
CBT-I Coach
Mindfulness Coach





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Name: _____ Squadron: _____ Phone #: _____

Daily Sleep Goal (circle one): 6 hrs 7 hrs 8 hrs 9 hrs

Time to go to Sleep Goal: _____

Time to Wake Up Goal: _____

Sleep Diary Tips:

Take a few minutes each day to complete your diary

Review your diary each week to see if you have any sleep stealer patterns

Use the information from your diary to make incremental changes

Week One: Rate your Sleep Quality: Very Poor / Poor / Fair / Good / Very Good

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime							
Hours of Sleep							

Week Two: Rate your Sleep Quality: Very Poor / Poor / Fair / Good / Very Good

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime							
Hours of Sleep							

Week Three: Rate your Sleep Quality: Very Poor / Poor / Fair / Good / Very Good

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime							
Hours of Sleep							

Week Four: Rate your Sleep Quality: Very Poor / Poor / Fair / Good / Very Good

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime							
Hours of Sleep							

Average Daily Sleep for 4-Week Challenge: _____