A better night’s sleep

- Have a nightly routine to prepare yourself for sleep. A warm shower before bed can relax you.
- No screen time 30 minutes before sleep. Put your phone in another part of the room so you aren’t tempted to look at it.
- Limit the caffeine use, especially in the evening.
- Don’t use your bed for anything but sleep and sex.
- Go to sleep and try to wake up at the same time each day.
- Use white noise to block out noises while you sleep.
- Keep your room at a cool temperature.
- Use light blocking curtains.
- Try mindfulness/meditation before you go to sleep.
- No screen time 30 minutes before sleep. Put your phone in another part of the room so you aren’t tempted to look at it.
- Exercising at any point in the day will help you sleep.
How many hours of sleep do you get each night? ____
Multiply that number by 7  =  ____
This means you are getting ____ hours of sleep each week.

Compare your total to the following chart to see how your sleep compares:

**Zero-27:** You are getting less than 4 hours of sleep (on average) each night. This puts you at significant risk for physical and emotional health concerns. Please consider talking to your physician or to a counseling professional to assist you in overcoming this sleep deficit.

**28-41:** You are getting under half of the recommended hours of sleep each week. No doubt you feel tired, anxious and probably somewhat overwhelmed. Look at your sleep patterns, watch the video again to how your lack of sleep is impacting you and then use the tips on the other side of this sheet to help improve your sleep.

**42-55:** You are under the recommended number of hours each week. You probably are noticing some edginess in your mood or some difficulty concentrating at times. Aim to go to bed just a little bit earlier! Look at the tips on the other side of this handout to help improve your sleep.

**56-70:** You are getting the optimal number of hours each week! Good job!