

Ready, Set Go!

Month Long Sleep Challenge

We spend 1/3 of our lives in sleep! Sleep is needed for balanced health, proper immune and brain function, creating and breaking down tissue. **The majority of patients seen at HRH for persistent pain or other health issues are getting an average of 5-6 hours of sleep per night, and we just can't be healthy on that amount of sleep.**



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Monthly Self-Care for June: If you took part in May's challenge, continue adding 1 hour of sleep to at least 3 nights per week this month</p> | <p>What is your current stress level on a 0-10 scale (where 0 = no stress, and 10 = it can't be worse)?</p> | <p>Assess your typical # of hours of sleep per night you get</p> | | | | <p>Use the weekend to catch up with any items you didn't get done during the week</p> |
| <p>Weekly Habit: try various methods of calming prior to going to bed at night</p> | <p>Reserve at least 30-60 min before bedtime for an enjoyable winding down routine</p> | <p>Don't look at flickering screens within the hour leading up to bed-time (TV, phone, etc.)</p> | <p>Download the Calm app (or other meditative app) and try a sleep story</p> | <p>Add rocking to your routine if you haven't already—it's hardwired to calm us</p> | <p>Think about how your sleep went: were you able to fall asleep AND stay asleep?</p> | |
| <p>Weekly Habit: trial your group of calming activities each night this week</p> | <p>Declutter your bedroom so that you mind can rest at night</p> | <p>Use the bedroom only for bedroom activities—take work, crafts, etc. to another area</p> | <p>Reassess your calming routine: is it working? If not, tweak it</p> | <p>Have a courageous conversation with family members if their habits are stopping you from sleeping well (e.g. leaving a TV on all night in the bedroom)</p> | | <p>Assess how your week went having gotten (hopefully) more restful sleep</p> |
| <p>Weekly Habit: try going to bed and getting up at the same times every day—this helps our brain produce sleep chemicals</p> | <p>If you must regularly get up before 6 am, reset your body clock by ensuring darkness and quiet for an early-to-bed schedule and waking up to bright lights</p> | | <p>Consider window covering changes if needed to create correct amounts of darkness and light to fit your needed sleep schedule</p> | <p>Have to work nights? WebMD has healthy tips: https://www.webmd.com/sleep-disorders/features/night-shift-sleep#1</p> | | |
| <p>Weekly Habit: don't drink caffeine after lunch—it takes up to 8 hours to clear your system</p> | <p>By this time, your better sleep cycle will be helping you stay alert in the afternoon even without caffeine</p> | <p>Brain still racing even without caffeine? Free your mind by jotting notes for the coming day</p> | <p>Reassess your current mood and stress level—are they improved with better sleep?</p> | <p>Still can't sleep? Don't watch the clock, rather get up and do a calming or boring activity until you feel sleepy, then go back to bed</p> | | <p>Re-assess your typical # of hours of sleep per night you get—doing better?</p> |