

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, and creating new tissue. **Many 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 cannot be healthy on that amount of sleep.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Self-Care Challenge: add 1 hour of sleep to at least 3 nights per week this month	What is your current stress level on a 0-10 scale (where 0 = no stress, and 10 = it can't be worse)? 5	Assess your typical # of hours of sleep per night you get 6	Download the FatigueSafe app for a quick assessment of your current fatigue level 7			Use the weekend to catch up with any items you didn't get done during the week
Weekly Habit: try various methods of calming prior to going to bed at night	Reserve at least 30-60 min before bedtime for an enjoyable winding down routine	Don't look at flickering screens within the hour leading up to bedtime (TV, phone, tablet)	Download the Calm app (or other meditative app) and try a sleep story	Add rocking to your routine if you haven't already—it's hardwired to calm us	Think about how your sleep went: were you able to fall asleep AND stay asleep more? easily?	
Weekly Habit: trial your group of calming activities each night this week	Declutter your bedroom so that your mind can rest at night	Use the bedroom only for bedroom activities—take work, crafts, etc. to another area	Reassess your calming routine: is it working? If not, tweak it	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)		Assess how your week went having had (hopefully) more restful sleep
Weekly Habit: try going to bed and getting up at the same times every day—this helps our brain produce sleep chemicals	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		Consider window covering changes if needed to create correct amounts of darkness and light to fit your needed sleep schedule	Do you work nights? WebMD has healthy tips: https://www.webmd.com/sleep-disorders/features/night-shift-sleep#1 Having trouble staying motivated? Be sure to watch this humorous video on sleep benefits: https://m.youtube.com/watch?v=5XGmJl7pASA		
Weekly Habit: don't drink caffeine after lunch—it takes up to 8 hours to clear your system	By this time, your better sleep cycle will be helping you stay alert in the afternoon even without caffeine	Brain still racing even without caffeine? Free your mind by jotting notes for the coming day	Reassess your current mood and stress level—are they improved with better sleep?	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		Re-assess your typical # of hours of sleep per night you get—doing better?