

# Restful Sleep Schedule

To provide your body and mind with enough rest to deal with stress throughout the day, a good night's sleep is crucial. Having a plan to get enough quality rest each night and following it consistently is a great way to make sure that happens.

Here are a few tips to use in your own sleep schedule. Use these, and any other things you do before you go to bed, to help create one for yourself on the next page.

## 6 HOURS BEFORE BED STOP DRINKING CAFFEINE:

- Research shows a late afternoon coffee can have a big effect on your sleep.
- Limit yourself to four cups per day to lessen the effects of caffeine on your sleep cycle.
- Avoid other stimulants like alcohol and soda as best you can as you get closer to bedtime.

## DINNER TIME:

- Avoid foods that can cause indigestion and heartburn. These can give you heartburn and keep you up at night.
- Fatty or fried meals.
- Spicy dishes.
- Citrus fruits.

## 2 HOURS BEFORE BED AVOID STRENUOUS EXERCISE:

- Lifting weights, long runs or playing intense sports right before hitting the hay could make it much harder to fall asleep.
- A ten-minute aerobic exercise like jogging or cycling can do wonders for the quality of your sleep.

## 30 MINUTES BEFORE BED TURN OFF ELECTRONICS:

- The light coming from your phone or laptop tricks your brain into thinking it's daytime and slows your body's production of melatonin, the hormone that controls sleep cycles.
- Although it may be hard, shutting your electronics off at least 30 minutes before bed will help you get to sleep easier.

Take a look at our example restful sleep schedule using these tips below, then make your own!

<b>4-5 PM</b> Stop drinking coffee and other stimulants.	<b>6 PM</b> Exercise. Activities that get your heart rate up, like running, cycling and swimming, can help battle insomnia.	<b>7 PM</b> Eat dinner, avoid foods that cause indigestion.	<b>8 PM</b> No exercising after this point.	<b>9 PM</b> Shower, brush teeth, get clothes ready for the next day. No using blue screens (phone, tablet, computer) after this point.	<b>10 PM</b> Go to bed. Incorporate calming visual exercises to help drift off.
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# My Sleep Routine

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**Fill in the sleep hygiene schedule below and follow it each night to help get a full 7-8 hour rest.**

Before you start, think about when you would like to wake up every morning. This will help you determine what time your schedule should begin.

Remember, our bodies are all different - so when you make your schedule, make one that works for you. For example, if you know a cup of coffee after dinner will affect your sleep, add that to your schedule. And remember to build in things like dinner, nighttime TV, reading, walking the dog and other everyday activities you have to do.

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