Supercharge Your Sleep
#1 Let's get started

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Welcome

Hi there,

huge thanks for taking part in our Supercharge Your Sleep Challenge!.

You've already taken the first steps towards better sleep. Hopefully, you already feel more confident about identifying the things you do during the day which influence your sleep at night.

These pages are designed to help you to adopt some positive sleep habits between now and the next webinar on Thursday 3rd June.

You'll get the most from the webinars if you take action! You may find it helpful to print out pages 3,5 and 6 and set aside 10 minutes to complete them.

If you have any extra questions before our next session, please do reach out to me, and I'll get back to you as soon as I can. You will also find quite a few short videos on my website www.thesleepscientist.com/blog.

You will also find lots of other helpful resources related to wellbeing on the staff wellbeing pages (and the session videos will go up there too!) https://info.lse.ac.uk/staff/divisions/Human-Resources/Wellbeing-Pages-2020/Recharge-Your-Wellness-Week

Very best of luck!
Sophie

Sophie@thesleepscientist.com
13th May 2021

Sleep Habit Checklist

Tick whether each sleep habit is something you already do, or something you could potentially start doing. Then add up your scores. The aim is to close the gap and **strengthen 1 or more sleep habits** over the next 5 weeks.

	Do it now	Could try this

BODY CLOCKS

	Do it now	Could try this
Wake up at the same time every day (where shifts allow)	◯	◯
Enjoy at least 10min daylight or bright light soon after waking up	◯	◯
Finish eating your last meal 2 hours before bedtime	◯	◯
Stay alcohol-free for 2 hours before bed (1-2 drinks total)	◯	◯
Use night settings on tech or use blue light glasses after dark	◯	◯
Keep screens out of the bedroom	◯	◯
Keep your bedroom cool and dark e.g. with blackout blinds	◯	◯

SLEEP PRESSURE

	Do it now	Could try this
Get physically active every day – get moving for 30min+	◯	◯
Protect a window of at least 7 hours for sleep	◯	◯
Default to decaf drinks, and skip caffeine 6 hours before bed	◯	◯
Go to bed when you're feeling sleepy – listen to your body	◯	◯
No naps <4hr before bed. 15-20min power nap if sleepy	◯	◯
Avoid routine use of over-the-counter sleep aids	◯	◯

STRESS BALANCE

	Do it now	Could try this
Find at least 15 minutes of 'me time' to de-stress during the day	◯	◯
Use your bed for sleep and intimacy, nothing else	◯	◯
Adopt a relaxing routine to get yourself ready for bed	◯	◯
If you're wide awake and can't sleep, get out of bed	◯	◯
Avoid looking at the time when you're in bed trying to sleep	◯	◯
Allow sleep to come to you. Don't try too hard or get frustrated	◯	◯
Use ear plugs, a fan, white noise or audio if disturbed by noise	◯	◯

Total/20 ____ ____

STRENGTHEN YOUR
SLEEP SYSTEM

KEEP YOUR BODY CLOCKS IN SYNC

Wake up at the same time 7 days a week

Use natural light or bright light to wake up & stay alert

Finish meals & alcohol 2 hrs before bed

Keep screens out of the bedroom

Dim lights/block blue light 30 min+ before bed

Keep your bedroom cool & dark

MANAGE YOUR SLEEP DRIVE

Get active every day

Aim to protect 7-9 hours sleep

Default to decaf, limit caffeine to 6hr+ before bed

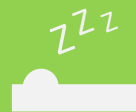Go to bed when sleepy, not before

Keep naps short & 6hr+ before bed

Avoid routine use of OTC sleep aids

20:00

FIND YOUR STRESS BALANCE

Protect 15+ min to de-stress during the day

Use your bed for sleep & intimacy only

If you're wide awake, consider getting out of bed

Adopt a wind routine before bed

Hide the clock when you're in bed

If you're tired and relaxed, sleep will come

One New Habit

Behaviour change expert B.J.Fogg explains that to change behaviour, we need Motivation, Ability and a Prompt. To make that behaviour a habit, it should also feel good, so that we're more likely to repeat it.

To make sure you have the Ability, the key is to start with something really easy! Make it as specific as you can and overcome any obvious barriers before you start. Once you've adopted one new sleep habit, you'll find it easier (and have more energy) to add more.

The Prompt is also important – it's a reminder to help nudge you to change.
- Use a visible reminder, such as the Sleep Habit tracker overleaf, stuck on your fridge, or by the kettle, and/or set an alarm on your phone.
- Try to anchor a behavior to an existing part of your routine,. So, for example, if you always do your teeth before bed, think about adding a relaxation exercise or reading a book straight after that.
- You could also enlist a member of your household to be an active prompt.. If two of you support each other, it's a win win!

	Example..	Target Sleep Habit (write here):
Target Sleep Habit?	*I'm going to reduce my caffeine intake*	_____
How can you make it really easy?	*Mix half caf/decaf in coffee jar at home. Ask for decaf or herbal tea when out of home.*	_____ _____
What will be your Prompt?	*If only half caf in the jar, no prompt needed at home. Fill in sleep tracker each am.*	_____ _____
How will you feel good about this?	*I'll keep a tally of decaf drinks drunk, and celebrate every decaf as a win.*	_____ _____

Sleep diary & habit tracker

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Fill in your planned **wake up** and **ready-for-bed** times at the start of the week. Choose up to 3 pro sleep habits to keep track of. At breakfast each morning, tick successes from the previous day, and feel good about any successes!

Start date: _____	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Target wake up time? (Get out of bed within 10 minutes for a tick)	5:30am ✓							
What's your target bed time? (Only sleep when sleepy)	10:30pm ✓							
How many hours were you in bed for last night?	9 hours							
How many times did you wake up? How long for in total?	2 (1 hr)							
How many hours were you asleep for?	6 hours							
What was your Sleep Efficiency? = hrs sleep/in bed*100	67%							
1. .... e.g. get outside for 20 min	Y							
2. .... e.g. no eating 2hr before bed	Y							
3. .... e.g. phone out of bedroom	Y							
Rate your energy yesterday: 10=best ever. 0 = none	8, good day!							

Practice switching off

Although we often blame our thoughts in the moment for the fact that we can't sleep, sleep is a influenced by a multitude of factors!

You are much less likely to experience a racing mind if you have a regular wake up time. if it's dark and quiet, and if you've built up sufficient sleep pressure before getting into bed, However, here are some additional techniques which you can try to put your mind at ease:

1.   Time out during the day

If your entire day is spent at 300mph, then when you switch off the light, the brain still has a lot of processing to do. It helps to 'rehearse' or practice switching off at other times of the day – not just in bed. Try and build 15 min of 'me-time' into your calendar to detach. This might mean a walk, eating a meal slowly and consciously, listening to music, practicing mindfulness or even a quick nap.

2.   Putting the day to rest

After your work day, set aside 10-15 minutes to write down what you've done that day, and what you have to remember tomorrow. Ideally write your list well before bedtime, but you can keep your list or notebook by your bed. If the same 'to-do' thoughts pop up, tell yourself they are on the page, and let them go. If you have to add new things, that's OK, Then go back to sleep.

3. Paradoxical intention (reverse psychology)

The sounds counterintuitive, but if you're awake during the night. Tell yourself that that's OK. If your body needed to sleep, it would sleep. Gently try to stay awake. Enjoy the feeling of being safe and warm in your bed. You're ok where you are.. (Paradoxically, when you stop trying, sleep is more likely to come.)

4. Avoid frustration. Get out of bed.

If you really can't sleep after 20 minutes or so. Get up. Get out of bed. There's no point in wrestling with it. Read a book under a side light until your eyelids feel heavy, and only then get back into bed. The worst thing for sleep is trying too hard! If you miss out on sleep one night, it's not the end of the world - just tell yourself that sleep the following night will be even better.