



Supercharge Your Sleep
#2 Designing better habits

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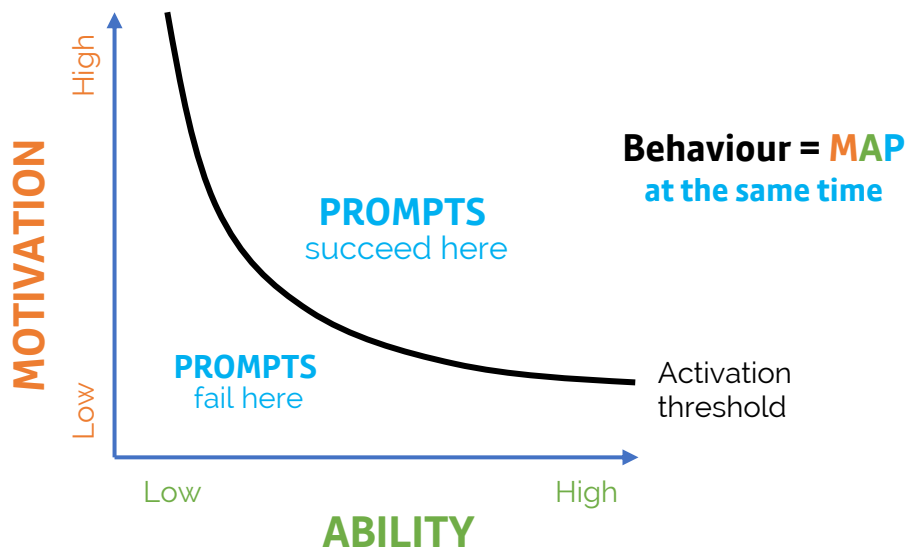
Welcome back!

Thanks so much for tuning back in. How are you getting on?

It takes most people a few weeks to successfully change their sleep habits. If you can find some small changes you can do consistently until our next webinar on [3rd June](#), the odds are you really will see improvements in mood and energy.

If you've struggled to change your habit(s), don't worry. It just means the conditions weren't quite right, and you may want to tweak your goals or prompts to make the new behaviour easier, or the old behaviour harder.

Quick recap: to change behaviour, we need **Motivation**, **Ability** and a **Prompt** or trigger to occur **at the same time**.



In the following pages I'll talk you through how to use this framework to design the ideal sleep habits to focus on for the next two weeks.

Please don't forget, you are welcome to contact me if you have any questions about these activities, or your sleep!

Many thanks,

Sophie

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Design your sleep habit

A new behaviour requires a combination of **motivation**, the **ability** to make a change, and a reliable **prompt** – or trigger – to remind us to act.

Motivation is a pretty fickle beast – if you're tired, or busy, motivation often drops, so it's safest to keep your target sleep habit as **simple** and **easy** as possible.

Every time you repeat your new behaviour and **celebrate** that success, you wire it into your brain – your brain learns to want to **repeat** that sensation... The more times you repeat a behaviour, the more it becomes part of your **identity** – it becomes instinctive to behave in that way, without making a conscious effort.

Success at one habit often also leads to success at other habits. When you know you can change successfully at one thing, your **confidence** grows, and you will feel better able to build on that momentum with more habits.

Design your habits to reach your goals

If you planned to try a new sleep habit but you haven't stuck to it every day yet, it's a great time **to re-design it**, or choose something different, so that you're not simply relying on your memory, or willpower.

These behaviour design principles are based on *Tiny Habits*, a book by Stanford Behaviour Change expert, B.J.Fogg, which I highly recommend.

#1 Get Creative

List 10 ideas for potential new sleep habits

Ask yourself: *What would I do if I could wave a magic wand to create better sleep habits?*

If sleep is a problem because you're too busy, you might think about ways to manage work boundaries, or reduce distractions. If your kids keep you awake, you might want habits which are more oriented towards their behaviour, such as their bedtime routine. You don't need to try everything! We'll narrow these down in the next step.

To improve my sleep, I could...

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Some ideas...

Wear ear plugs Stop my partner snoring Buy a new bed Use blackout blinds More regular routine Wind down before bed Dim the lights at night Drink less alcohol Work fewer hours Work on reducing stress Cut back on caffeine	Start the day earlier Move house somewhere quieter Help the kids sleep better Buy a light alarm clock Stop scrolling on my phone in bed Use blue light filters on technology Tidy my bedroom Get out of bed at the same time each day	Stop eating 2hrs before bed Read before bed Have more cuddles Meditate every day Write a daily journal Lose weight Eat more healthily Find a CBT therapist to help Warm bath at night Listen to music before bed
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#2 Prioritise

Find the most impactful, and easy to do habits

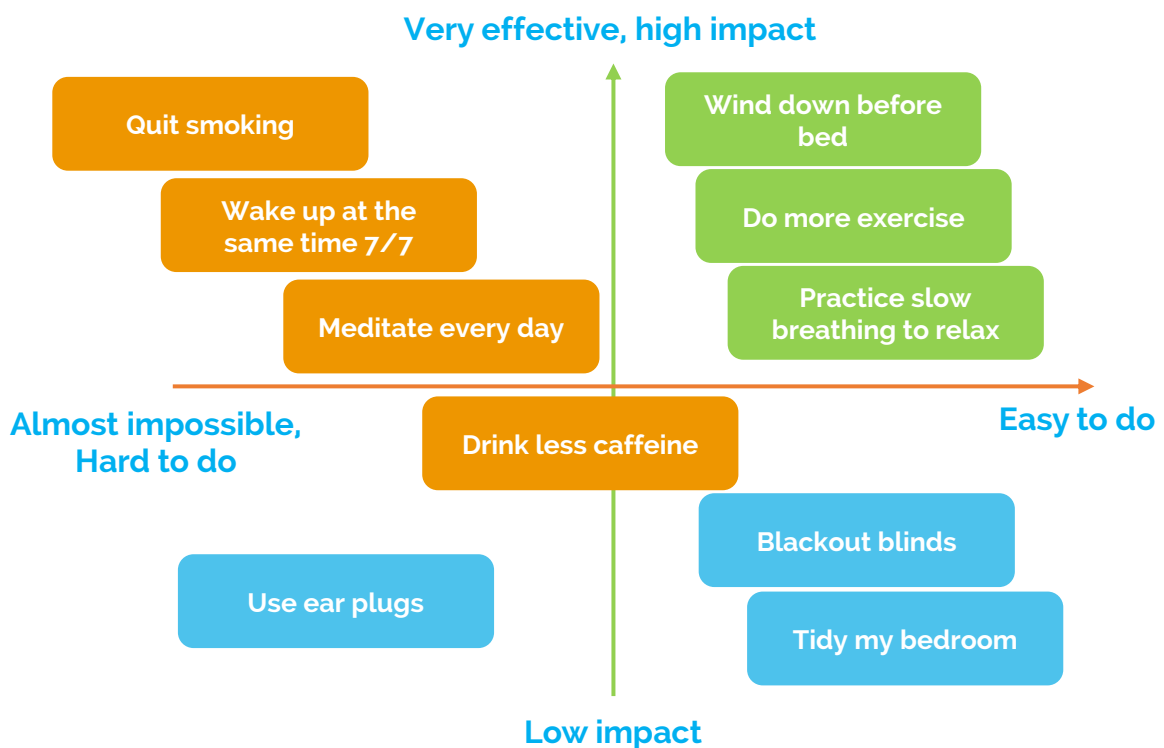
Now that you have a long list, it's time to **prioritise**. You might want to write your habits on post-it notes so that you can move them around on the page overleaf.

The task is to map out your list of habits by answering 2 questions:

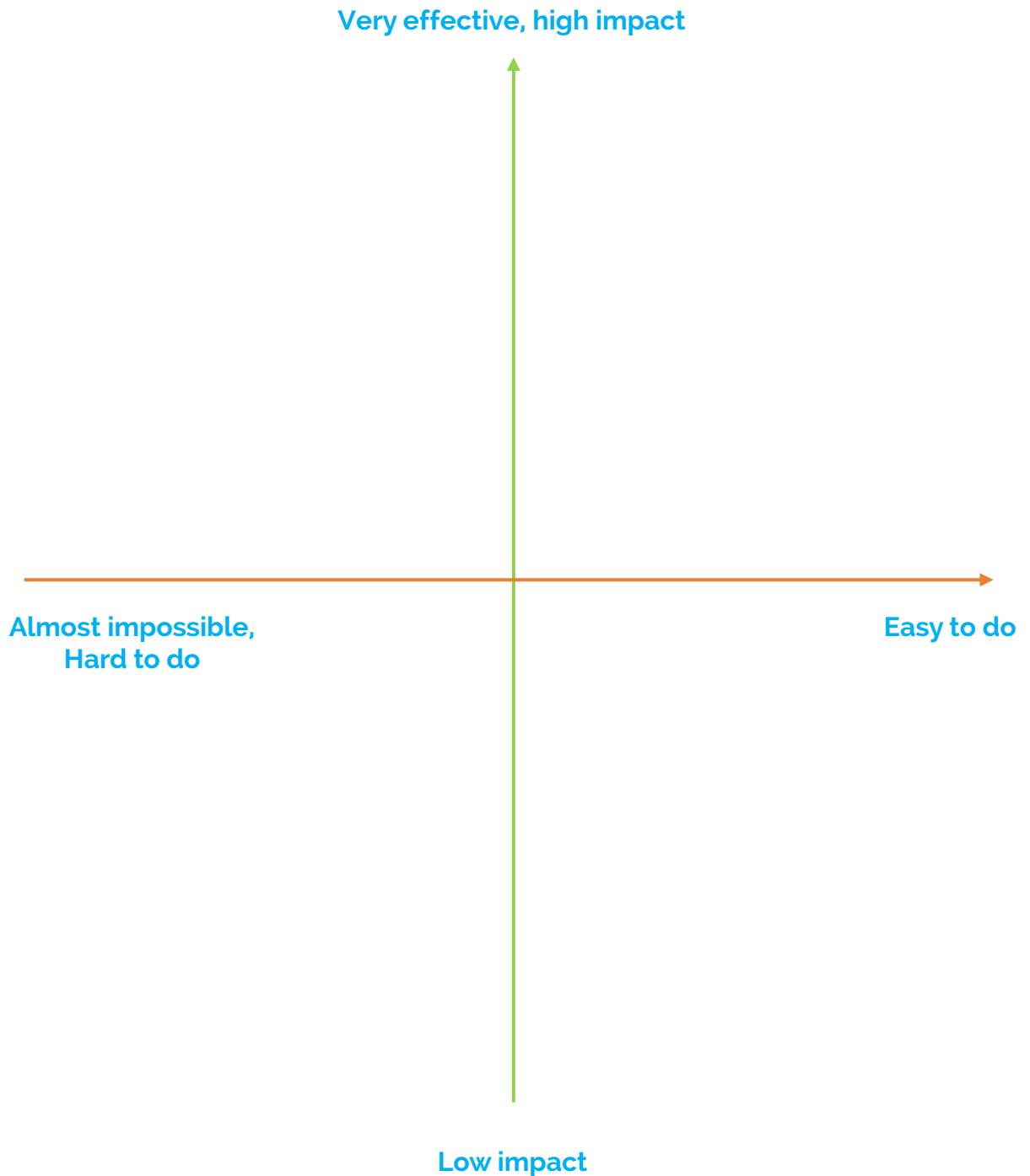
- 1.. **Impact** - **is it likely to improve your sleep?** Put higher impact habits at the top.
2. **Ease** - **how easy will it be for you to do?** Put easier habits towards the right, and more difficult habits towards the left.

The sweet spot belongs to actions which are a good fit with your **desired future identity** (the ideal you), are simple, and impactful. Crucially, this is about you – no-one else can tell you how easy these things will be.

For example...



#2 Prioritise: your turn!



#3 Make it really easy

Play with your plan and build in a prompt

Choose up to 3 potential habits to start the New Year with. Now ask yourself.. what is the **easiest** way to set yourself up for success? The ideal habits are simple but **specific**, and can be **repeated often**.

If it feels tricky, you're more likely to avoid the behaviour, and more likely to feel negative about avoidance, and to stop altogether. For example..

- quit caffeine vs. alternate caffeine with water
- exercise daily vs. walk to the shops to buy fresh fruit each morning
- don't lie in vs. leave alarm clock out of reach of bed

For each habit, try and think of a **prompt**, or trigger, to remind you to do it. The most reliable prompts are things which **anchor** the new behaviour with an existing part of your routine, for example, brushing your teeth or having dinner. Other prompts include setting an alarm, leaving yourself notes or asking for help.

For example...

Wind down before bed

At 9:30pm when my alarm goes I will switch off my phone and run a bath

While I do my teeth I will think of 3 things I'm grateful for

After dinner I'll switch off the main light and turn on side lamps

Do more exercise

When I get out of the shower I will do 2 press-ups, & 2 squats

After lunch I will walk outside for 10 minutes

Whenever I park the car I will choose the far side of the car park

Practice slow breathing to relax

When I've brushed my teeth I will sit take 10 slow breaths

Every time I switch on my computer I will take 5 slow deep breaths

When I sit on the toilet I will take 5 slow deep breaths

#4 Celebrate progress

What 3 sleep habits will you try?

Plan #1	Plan #2	Plan #3
When I ...	When I ...	When I ...
I will ...	I will ...	I will ...
Start date:	Start date:	Start date:

Share your goals and track your successes

When you're trying to establish a new habit, it can be really satisfying to tick off your successes each day on a [Sleep Habit tracker](#). You could print out the template overleaf and stick it on your fridge, or somewhere you'll see it each morning. Track the listed habits, or and/or add 3 of your own.

For an added bonus, compare notes with your partner or colleague – can you **support each other** to feel good when you've hit your goals?

Feeling positive when you've completed your new habit is the key to repetition. How will you savour the sensation of success? Smiling, punching the air, doing a little wiggle of joy.. whatever makes you feel good!

I'll be back to check in with you next week, in the meantime, I really hope this helps with choosing a new sleep habit, and I hope you have a very Happy New Year!

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!							