

What Does a Good Sleep Pattern Look Like?

A: Getting to Bed and to Sleep

1. Most adults need 7-9 hours sleep/night
2. Plan to start relaxing and get ready for bed an hour before bedtime
3. With a consistent bedtime, the body gets in the “habit” and releases melatonin, which makes you feel sleepy around the same time
4. Reduce stimulation (noise, light, physical and mental activity)
5. Avoid anything that emits blue-range light (t.v., computer, iPad...)
6. Use things that help you relax (soft music, meditation, warm milk)



? Fighting with yourself about going to bed?

...list the consequences:

- How will you feel the next day? (Physical / Emotional)
- How will you look?
- How will you behave?
- What will your work be like?



B: Waking up

1. Have a regular wake-up time
2. Use an alarm that works for you
3. Plan a morning routine



? What do you need to do before you can leave the house in the morning?

? If you work from home, what do you need to do before you can start work?

4. Determine how much time you need to get ready
5. Plan the night before: check your schedule/planner to see what the day looks like.
 - a. Select your clothes
 - b. Make your lunch
 - c. Collect your work/school items for the next day
6. Start your day on the right foot!

