

Improving Your Healthy Sleeping Habits

Name: _____

Occupation: _____ Age: _____

Contact Information: _____

Objective

To enhance your sleeping habits for better physical and emotional well-being.

What You Should Know

Poor sleep can have adverse effects on your body and mind. It can lower energy levels, affect memory, and hamper concentration. Insufficient sleep may also make it difficult to manage emotions, make sound decisions, or combat feelings of depression. Furthermore, it might weaken the immune system.

Adults typically require 7–9 hours of sleep per night. However, intense emotions like worry, fear, and stress can make achieving this goal challenging.

Consider: How does lack of sleep affect you physically and emotionally?

What to Do

Important Note: If you experience sleeping problems at least three times a week for three months or more, consult your doctor about potential treatments. Waking up, gasping or multiple awakenings might be symptoms of a sleep disorder. Talk to your healthcare provider about these symptoms.

Strategies to Enhance Sleep:

- Engage in calming activities like listening to soothing music, reading, or taking a warm shower before bed.
- Minimize electronic device usage in bed, and turn off notifications to avoid disruptions.
- Exercise regularly but avoid strenuous activities close to bedtime.
- Prepare a to-do list for the next day to unclutter your mind.
- Journal your thoughts or sketch to process your emotions.
- Practice relaxation techniques like deep breathing, meditation, or prayer before bedtime.
- Avoid evening consumption of stimulants like caffeine, alcohol, and nicotine.
- Maintain a cool bedroom temperature (65–68 degrees).

- Use earplugs and a sleep mask if sensitive to noise and light.
- Consider a white noise machine or app, but remember to disable notifications.
- If struggling to sleep, engage in a calming activity in another room and return to bed when drowsy.
- Maintain consistent sleep and wake times.
- Avoid heavy meals 2–3 hours before bed.
- Ensure comfortable sleeping conditions with suitable mattresses and pillows.
- Limit daytime naps to 15–20 minutes.

Your Ideas:

Strategies You Intend to Try:

Necessary Steps or Supplies:

Tracking Your Sleep

Monitor your sleeping habits for at least two weeks. Record any difficulties, strategies used, and their effectiveness. Also, note how you felt the next day. Make additional copies of the chart if needed.

Reflections on This Exercise

Did your sleeping habits improve? Explain.

Rate the Helpfulness of This Exercise: (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Rating: _____

What Did You Learn?