




# Get a great night's sleep! Successful tips and tricks






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## Objectives

- Describe the 24-hour sleep plan
- Identify how much sleep is recommended
- Examine 7 tips for 24 hours
- Explore sleep tricks for a good night's rest
- Choose a few things to experiment doing

## Questions to consider

- What's getting in the way of a good night's sleep?
- How much am I willing to change for sleep success?
- How would my life be different if I felt rested?



# 24-hour sleep plan

- Pro-sleep daytime habits
- Sleep schedule
- Pre-bed routine
- Sleep-inducing bedroom

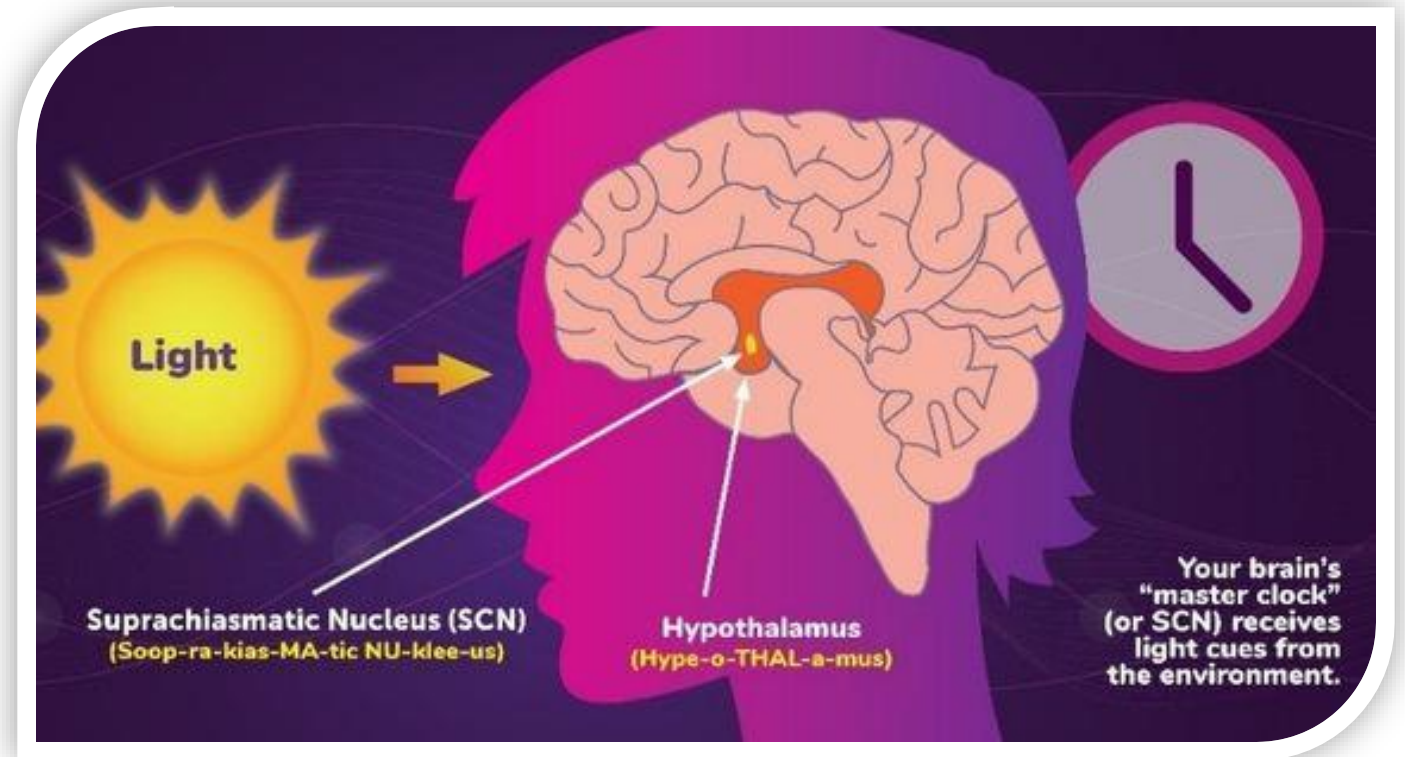




# Pro-sleep daytime habits

## Tip #1: Get Light

- Circadian Rhythm
- Sleep Drive



# Pro-sleep daytime habits

## TIP #2: BE HEALTHY

- Move your body
- Eat healthy and hydrate
- Rethink caffeine
- Avoid nightcaps
- Quit nicotine



# Tricks

- Swap your alarm for an illuminating, wake-up light
- Open the curtains first thing when you wake
- Go outside
- Get your heart pumping: walk, jog, swim
- Gentle exercise: Tai chi, yoga, stretching
- ABC (Always Be Considering) sleep





# Sleep schedule

## TIP #3: Stay On Track

- Wake up and go to sleep at the same time – even on weekends
- Plan your sleep schedule
- Nap mindfully



# Are you getting enough sleep?

How much sleep you need changes as you age. (CDC)

Age Group		Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) <sup>1</sup> No recommendation (American Academy of Sleep Medicine) <sup>2</sup>
Infant	4–12 months	12–16 hours per 24 hours (including naps) <sup>2</sup>
Toddler	1–2 years	11–14 hours per 24 hours (including naps) <sup>2</sup>
Preschool	3–5 years	10–13 hours per 24 hours (including naps) <sup>2</sup>
School Age	6–12 years	9–12 hours per 24 hours <sup>2</sup>
Teen	13–18 years	8–10 hours per 24 hours <sup>2</sup>
Adult	18–60 years	7 or more hours per night <sup>3</sup>
	61–64 years	7–9 hours <sup>1</sup>
	65 years and older	7–8 hours <sup>1</sup>

# Larks – Hummingbirds – Owls



# Tricks

- Map out your sleep schedule
- Consider your chronotype
- Keep a sleep diary
- Use a sleep-tracking method



# Pre-bed routine

## TIP #4: Wind Down

- Follow evening routine
- Avoid bright lights
- Quiet the mind



## Tricks

- Use low wattage bulbs
- Try an illuminating light
- Not too hungry – not too full
- Limit fluids prior to bed
- Read, listen to music
- Relaxation, gentle stretching
- Address worries
- Keep a gratitude journal
- Make a to-do-list
- Enjoy a warm bath, shower



# Pre-bed routine

## TIP #5: Stash Electronics

- Limit blue light
  - TV, smart phones, computers, tablets, video games
- About an hour to two before bedtime – put away electronics
- Set an “electronic sundown” alarm



# Tricks

- Blue light-blocking help
  - Glasses
  - Apps
  - Filters for electronic screens
- Use settings to dim lights on electronics
- Out of sight – out of mind
- Avoid ‘doomscrolling’



# Sleep-inducing bedroom

## TIP #6: Create A Sanctuary

- Cool
- Dark
- Quiet
- Comfy
- Fresh
- Tidy



## Tricks

- Keep it cool
- Make it dark
- Minimize noise
- Upgrade mattress & pillows
- Use seasonal bedding
- Improve air quality
- Add aromatherapy
- De-clutter

# Sleep-inducing bedroom

## TIP #7: REST IN BED

- Only use your bed for slumber and intimacy
- Keep it sacred space
- Sharing the bed – is it working?
- Reframe “best sleep” to “better sleep”



# Tricks

- Create co-sleeping solutions
- Accept night wakings
- Practice relaxation:
  - Controlled breathing, body scan meditation, mental imagery
- Listen:
  - Calm, Headspace, Slumber, Sleep Cycle
- Adjust your body
- Help is on the way:
  - Sleep specialist, cognitive behavioral therapist



# Fall-Asleep-Fast Trick

## The Military Method

- Get into a comfortable position and relax each part of your face, (eyelids, jaw, lips, brow).
- Let your arms rest at your sides, dropping your shoulders first.
- Begin taking deep breaths to relax your chest.
- Start relaxing your lower half, working your way from your hips down through each part of your leg to your feet.
- Visualize a peaceful setting to set your mind at ease (beautiful countryside, a quiet lake, cozy room in your home). If you experience any intrusive thoughts, recognize them and try to move beyond these images.

# 7 tips for 24 hours

- Get light
- Be healthy
- Stay on track
- Wind down
- Stash electronics
- Create a sanctuary
- Rest in bed



## Q & A

There are quite a few things you can do to set up sleep success in your daily routine. Which of the following is one of the many things you can shift to help you get a good night's rest?

**A:** Watch a TV show in bed to help you fall asleep (a comedy).

**B:** Get a morning walk in before starting the day, outside while the sun is out.

**C:** Have a 'night-cap' to help you doze off and stay asleep.

**D:** Keep the bedroom a cozy temperature of 70-73 degrees.

## Q & A

### True or False:

Sleeping behavior is only affected by what we do after 9:00 p.m.



## Additional resources

American Academy of Sleep Medicine (AASM): <https://aasm.org>

National Sleep Foundation: <https://www.thensf.org>

Sleep Advisor: <https://www.sleepadvisor.org/>

Sleep Foundation: <https://www.sleepfoundation.org/>

Sleep.org: <https://www.sleep.org/>

Lipman, F., & Parikh, N. (2021). *Better Sleep, Better You*. Little, Brown Spark.

Macedo, D. (2021). *The Sleep Fix*. William Morrow.

Mosley, M. (2021a). *Fast Asleep* (pp. 33–35). Simon and Schuster.

Stevenson, S. (2016). *Sleep smarter*. Rodale.

Walker, M. P. (2018). *Why We Sleep*. Scribner.



**Thank You  
Questions?**

