

## Reflecting on My Lack of Sleep

By journaling about the sleep problems you experience you can better recognize the patterns related to your lack of sleep.  
Respond to the prompts below and on the next page.

How long ago did you begin to have sleep issues? \_\_\_\_\_

How would you describe your sleep issues?

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Do you feel tired or sluggish during the day?  Yes or  No

If yes, how often does this happen? \_\_\_\_\_

Describe how you experience this tiredness and sluggishness:

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Do you ever have a problem at work because of sleepiness?  Yes or  No

If yes, how often does this happen? \_\_\_\_\_

Describe how you experience this problem:

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Do you ever have a problem with falling because of sleepiness?  Yes or  No

If yes, how often does this happen? \_\_\_\_\_

Describe how you experience these falls:

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*(Continued on the next page)*

# Sleeping Better

You can make many different small changes in your sleep habits to enjoy a better night of sleep. Some of these may be more difficult to achieve than others, but many of the ways that you can achieve better sleep at night are listed below.

Put a check (✓) by each one that has been effective for you.

Put a plus (+) after each one that you have not tried but are willing to try.

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|---|---|
| <input type="checkbox"/> Avoid alcohol, nicotine or caffeine before bedtime   | <input type="checkbox"/> If you wake up and can't fall back asleep in 30 minutes, get out of bed until you are tired enough to sleep. |
| <input type="checkbox"/> Avoid extreme exercises before bedtime   | <input type="checkbox"/> Ingest no caffeine after noon time   |
| <input type="checkbox"/> Avoid rich foods within two hours of bedtime   | <input type="checkbox"/> Keep a soft light in the bedroom   |
| <input type="checkbox"/> Avoid spicy foods before bedtime   | <input type="checkbox"/> Keep the bedroom cool  |
| <input type="checkbox"/> Be sure the bed, mattress, and temperature are comfortable   | <input type="checkbox"/> Listen to relaxing music   |
| <input type="checkbox"/> Do easy stretches before bed   | <input type="checkbox"/> Maintain a bedtime routine   |
| <input type="checkbox"/> Do something mildly stimulating after dinner to avoid falling asleep too early   | <input type="checkbox"/> Make preparations for the next day before going to bed   |
| <input type="checkbox"/> Don't watch scary television shows before going to sleep   | <input type="checkbox"/> Meditate   |
| <input type="checkbox"/> Drink enough fluid at night so as not to wake up thirsty, but not so much that you frequently need to go to the bathroom | <input type="checkbox"/> Nothing in the room but sleep and intimacy   |
| <input type="checkbox"/> Eat nothing or something light before bedtime  | <input type="checkbox"/> Progressive relaxation exercise  |
| <input type="checkbox"/> Eliminate loud noises  | <input type="checkbox"/> Read a pleasant book or magazine   |
| <input type="checkbox"/> Engage in deep breathing exercises   | <input type="checkbox"/> Save vigorous exercise for during the day  |
| <input type="checkbox"/> Enjoy a pleasant book on tape  | <input type="checkbox"/> Stay away from big meals close to bedtime  |
| <input type="checkbox"/> Get up at the same time each day   | <input type="checkbox"/> Take a nap way before bedtime  |
| <input type="checkbox"/> Go to sleep at the same time each day  | <input type="checkbox"/> Take a warm bath or shower before bed  |
| <input type="checkbox"/> Have the same sleep routine on weekends  | <input type="checkbox"/> Take prescribed medications  |
| <input type="checkbox"/> If something is on your mind, write it on a paper next to your bed and then fall asleep                                  | <input type="checkbox"/> Turn off electronics or technology (other than an alarm clock, turned backwards)                             |
|   | <input type="checkbox"/> Use earplugs to block out noise  |
|   | <input type="checkbox"/> Use guided imagery   |
|   | <input type="checkbox"/> Wind down the evening with a favorite hobby, calm music, fun television or book                              |
|   | <input type="checkbox"/> Write in a journal   |
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