

Refresh

The science of sleep for optimal performance and well being



Unit 8: Sleep Upkeep

Follow-up on the success of your sleep scheduling efforts:

For as long as you need to, you can continue to follow the sleep scheduling program you've started for yourself. To continue the program, use the sleep log and review the following every week:

1. Calculate the total number of hours you have slept over the last week.
2. Divide by 7 to determine the average number of hours you sleep every night.
3. Determine the average time it takes every evening to fall asleep.
4. Determine the total average amount of time you spend in bed awake.

Here is how to make adjustments to your recommended sleep schedule, if needed:

Determine if both of the following have been true for you over the last week:

1. Are you able to fall asleep, on average, within 30 minutes at night?
2. Do you spend, on average, less than 45 minutes lying in bed awake during the night?

If you can answer yes to both of these questions and you are feeling refreshed during the daytime, you may have found a good sleep schedule for yourself. No need to change anything.

If you answer yes to both questions but note that you feel sleep deprived during the daytime, add another 15 to 30 minute increment to your sleep schedule.

If you answer no to one or both of the above questions, consider the following:

1. Has there been something new in your life causing you to worry? Or has something really good and exciting happened? If so, the best strategy is probably not to worry. Keep doing what you're doing and your sleep will catch up with you in time.
2. Have you added too much time to your sleep schedule? If you were sleeping through the night more consistently when you were scheduling a shorter block of time for sleep, consider reducing your scheduled sleep time by 15 to 30 minutes.
3. Review the healthy sleep habits below. Have you adopted all of them?

Now, let's review some of the other things you've been learning over the last several weeks:

What parts of the Refresh program did you most useful?

Have your sleep habits changed over the period of time you've been using this program? Consider each of the following 10 healthy sleep habits. Compared to your sleep habits prior to using the Refresh program, do you do these things more frequently, equally frequently, or less frequently?

Compared to my sleep habits before I started using the Refresh program, I now (check one response for each item):

1. Go to bed at the same time every evening (within one hour), weekdays and weekends.

More frequently Equally frequently Less frequently

2. Get up every morning at the same time (within one hour), weekdays and weekends.

More frequently Equally frequently Less frequently

3. Obtain morning exposure to sunlight within one hour of waking up.

More frequently Equally frequently Less frequently

4. Avoid late afternoon or evening naps.

More frequently Equally frequently Less frequently

5. Restrict early afternoon naps to less than one hour.

More frequently Equally frequently Less frequently

6. Practice mindfulness meditation or a relaxation technique daily.

More frequently Equally frequently Less frequently

7. Eliminate caffeine intake or reduce it during the 6 hours preceding bedtime.

More frequently Equally frequently Less frequently

8. Eliminate or reduce alcohol consumption prior to bedtime.

More frequently Equally frequently Less frequently

9. Allow 60 to 90 minutes before bedtime to “unwind” by engaging in relaxing activities (i.e. no intense physical exercise or difficult homework assignment).

_____More frequently _____Equally frequently _____Less frequently

10. Talk back to negative thoughts that might prevent you from sleeping.

_____More frequently _____Equally frequently _____Less frequently

What have been the benefits of the new habits you’ve adopted as you’ve completed this program?

One month from now (or as often as you wish), review and add to this list of benefits you’ve realized and review the list of 10 healthy sleep habits. Keep all the materials from this program in a file where you can review them as needed. Good job so far, and best of luck with your efforts to maintain your new healthy sleep habits.