



Sweet Dreams Challenge

This challenge is to get 7-9 hours of quality sleep every night.

Develop a bedtime routine. Good sleep habits can have short term and long term benefits such as more energy, less hunger and better stress management.

Check off the techniques below that will work for you!

Quantity	Quality
<ul style="list-style-type: none"> <input type="checkbox"/> Set your alarm clock as a reminder to start moving toward your bed about 9 hours before you need to wake up <input type="checkbox"/> Have herbal tea before bed <input type="checkbox"/> Keep a regular exercise routine <input type="checkbox"/> Avoid alcohol before bed <input type="checkbox"/> Cut down on caffeine <input type="checkbox"/> If you struggle with falling asleep, consider natural sleep aids, discuss with your PCP 	<ul style="list-style-type: none"> <input type="checkbox"/> Turn off all screens 30-60 minutes before bed (including cell phone, iPad, Nook, Kindle) <input type="checkbox"/> Sleep in complete darkness <input type="checkbox"/> Keep your room cool (70 degrees or less) <input type="checkbox"/> Consider white noise (Machine, App, or even a fan) <input type="checkbox"/> Reserve your bed for sleeping and intimacy. Avoid working, watching TV and eating in bed

Keep track of your quantity and quality of sleep using this calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday