



What is your sleep like now?

How would you describe your sleep right now?

What would be different if your sleep was better?

How would your life be different if you had more consistent and better sleep?

What is the nature of your sleep challenges?

- Can't fall asleep at night
- Wake-up during the night
- Can't fall asleep, and wake up at night

Describe the two hours before bedtime - what are you doing?



Describe what you do once you get into bed?

Describe what you do if you wake-up in the night for more than 20 minutes?

What are your thoughts/concerns about having a poor night of sleep?



Research into sleep shows that to improve sleep people need to try to change several sleep factors at once and do them consistently for at least two weeks.

Which of these healthy sleep factors are you willing to try?

- Have a consistent wake time every morning, regardless of the previous night's sleep.
- Only get into bed at night when you are sleepy.
- If it takes more than 20 minutes to fall asleep, get up and do something relaxing until you feel sleepy.
- If you are awake at night for more than 20 minutes, get up & do something relaxing until you feel sleepy.
- Get into bed for only sleep and sex, so no TV, reading, playing games, social media scrolling etc.
- Practice relaxation or mindfulness to help me fall asleep
- Do not consume caffeine, alcohol, tobacco, or other drugs for several hours before bed time.
- Take 1-2 hours prior to bed to wind down by engaging in relaxing activities.
- Engage in regular exercise.
- Do not nap during the day.
- Do not catastrophize the consequences of lack of sleep.
- Get 15 minutes of sunshine on your skin within 60 minutes of waking.

Dealing with nighttime wakefulness - Create a plan for getting out of bed

- Have a plan, know before you go to bed where you will go, and what you will do if you wake in the night
- Create a nest, a warm, snuggly place where you can go and do something relaxing. Have a blanket, book, etc. ready to go
- Drinking water or warm, non-caffeinated tea is ok but don't eat, or drink other things.
- Check your thinking around having to get up, are you catastrophizing?
- If there is a risk of you falling at night, don't get out of bed, but plan for a relaxing activity to do in bed.



Which of these environmental factors are you willing to tweak?

- Keep your bedroom cool - keep the thermostat between 60 to 67 degrees Fahrenheit (15.6 to 19.4 degrees Celsius) for the most comfortable sleep.
- Keep your bedroom dark - use blackout shades, keep TVs, phones, tablets out of the room or off.
- Make it hard to see a clock - Clock watching makes falling asleep more difficult.
- Use a white noise app or device to create a neutral sound environment.
- Have a supportive mattress and pillow.
- Use comfortable sheets.
- Use a weighted blanket.
- Wear comfortable night clothing.
- Limit the number of animals, kids, and other disruptions in your bedroom.

How can you reframe your concerns/fears about poor sleep?

Reflect on your success:

After a few weeks of experimenting with these different sleep factors, what is different? Are there things that need to be adjusted or tweaked?

Once you have completed this worksheet, please email it to hello@dietvsdisease.org so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.