



Sleep Better

Program Workbook

TOTALWELLNESS

Welcome!

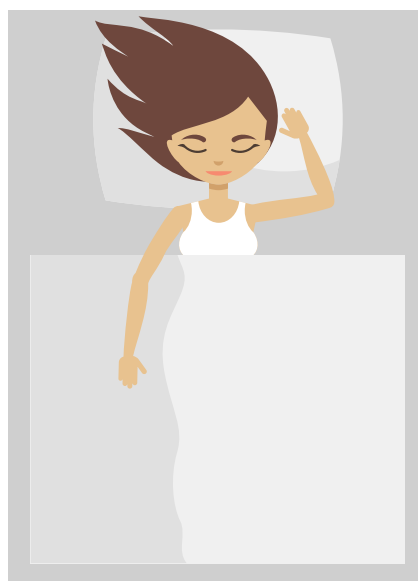
You are taking a big step in creating forward movement for your life! The Sleep Better program is designed to educate you and show you how to work toward improving your sleep habits. Use this workbook to follow along during the weekly webinars, practice what you are learning, and write down your thoughts.

How to complete the Sleep Better program:

1. Complete the survey at the beginning of the program.
2. Complete all six weekly video sessions.
3. Complete the survey at the end of the program.
4. Enjoy your happy, healthy, stress-free lifestyle!

Each of our six weeks together will address a different aspect of healthy sleep habits. Return to this workbook for new information and challenges each week!

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Week 1: Tell Your Story

What are your reasons for adopting a healthier lifestyle? Why now?

How do you think sleeping better will add value to your life?

Identify the barriers you face in trying to regularly get a healthy amount of sleep:

Summarize your emotions about getting better sleep:

Action Plan:

1. Get started! Log your sleep this week (page 4).
2. Have a conversation with a good sleeper (page 5).

Week 1: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Notes about this week's sleep:

Week 1: Discussion

Have a conversation with someone you know who has successfully incorporated healthy sleeping habits into his or her lifestyle, and has been able to sustain those habits for at least a year. Use the space below to summarize your conversation.



Explain to them why you are asking (you are seriously thinking about becoming more healthy by learning to sleep better). Did this conversation motivate you to commit? What were their keys to success? What are their challenges?

Week 2: Take Action

Describe the stages of sleep cycle. How long does one sleep cycle usually take?

What did you learn about the stages of sleep this week?

Explain how you might start to change your sleep routine. What will be the hardest part of the change? What will be the easiest part?

Action Plan:

1. Get to sleep! Log your sleep this week (page 7).
2. Create a SMART goal for healthy sleeping (page 8).

Week 2: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Week 2: SMART Goals

No matter how big or small your goal - whether it's feeling more energized, being less cranky, or losing weight - making change requires planning and SMART goals.

Follow these guidelines to setting SMART goals and you'll be surprised at what you can accomplish:

Specific. Your goal should be clear and easy to understand.

Measurable. A goal to "lose weight" is not enough. How will you track your progress and how you will know when you've reached your goal? Making your goal measurable means adding a number.

Attainable. Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is not very motivating. Only you know your limits.

Relevant. Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain - that isn't very motivating or purposeful.

Time-bound. Include a time-line. Knowing that you have a deadline motivates you to get started.

A few examples:

"I will get 8 hours of sleep, at least 4 days this week."

"I will cut down on my screen time before bed by reading a book for 10 minutes before bed this week, and then reading for 20 minutes before bed the next week."

"By the end of the year I will have a regular sleep schedule. Bed times included!"

Now create your SMART goal:

Week 3: Prepare for Success

What should you remember for a sleep-friendly bedroom?

Think of how planning out your sleep schedule in advance will help you stick with your plans. What kind of sleep assisting method do you plan on using?

What sleep strategy changes will you make this week?

Action Plan:

1. Get to sleep! Log your sleep this week (page 10).
2. Write down what you're committed to this week (page 11).

Week 3: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Week 3: Journaling

What am I committed to this week?

How does this commitment move me toward success?

Week 4: Create Habits

Do you have trouble staying asleep? What will you do this week to stay asleep?

How will you get back to sleep if you wake up in the middle of the night?

The best way to make healthy sleeping habits is to start with choices that are so easy you can make them in your sleep. In the words of Leo Babauta, start with something that is so easy you can't say no.

Tiny Habits: What is one tiny habit you can start? Consider your motivation, your ability and what will trigger the action.



Action Plan:

1. Get to sleep! Log your sleep this week (page 13).
2. Adopt some specific healthy sleeping habits (page 14).

Week 4: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Week 4: Adopt New Habits

Developing healthy sleeping habits doesn't have to be a complicated process. The easiest way to develop healthy sleeping habits is to start with things that aren't hard to do in your every day life.

What are some healthy sleeping habits that will fit nicely with your every day life? How will you start adopting those habits?

Take action to start at least one of the habits above. Will you have to cut out some unhealthy habits to adopt your chosen healthy habit? Which unhealthy habits stand in your way, and how will you overcome them?

Week 5: Embrace Mistakes

Life happens. You wake up with the stomach flu or your client calls at 8 p.m. and wants an update on numbers. You will hit speed bumps along your journey. But the trick is to keep going and push through bad days. Focus on positive days, not slipups.

Review your sleep logs from the past few weeks. Notice any patterns?

How can you calm your racing mind before you fall asleep?

What sleep disruptors do you face? How will you battle those this week?

Action Plan:

1. Get to sleep! Log your sleep this week (page 16).
2. Write about an experience of past failure (page 17).

Week 5: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Week 5: Journaling

Our greatest lessons come from our mistakes and failures. Once you train your mind to embrace failure and see it as education, you take your power back.

Think of one area in your life where you failed. What if you could re-frame it and see what lesson there was to learn?



Week 6: Celebrate YOU!



Pat yourself on the back - you've come a long way. Notice that feeling of being rewarded. Your body and brain love it! Success is built on success, so celebrate those successes to create more of them.

What has gone well over the past six weeks?

What have you achieved that has surprised you?

What will you do to celebrate, recognize and acknowledge your achievements?

Action Plan:

1. Celebrate your success!
2. Get to sleep! Log your sleep this week (page 19).
3. Think about how you'll keep moving forward (page 20).

Week 6: Sleep Log

Use the table below as a guide to create a sleep log. Record the amount and quality of your sleep. Include the time you went to sleep and woke up, as well as naps and your energy level. Take notes throughout the week to notice any patterns.

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Week 6: Moving Forward

Wow, you made it - week six! You have done so much work up to this point. Applaud yourself for all of your efforts.

Now is the time to re-commit to your goals and use the techniques that you have learned during the past six weeks to keep moving forward. From here on out, your mission is to sleep well each and every night.



What is the change you are most proud of in the last six weeks?

Where do you go from here? How can you keep the momentum going?

Where do you want to be in three months?

Now, what do you need to make this happen?

Congratulations!

You completed the program. Thank you so much for making your life a priority and for sticking with it. You've already taken more action than most people - just finishing this program is no small feat. Acknowledge yourself for all that you've accomplished!



Remember, persistence pays off. The road doesn't stop here; it has only just begun. Use the tools you've learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you've started; think of the momentum you've built up and use it to improve your entire life.

