

# Shape Family Wellness Program

Name: \_\_\_\_\_

Wellness Coach: \_\_\_\_\_

# WELLNESS CHALLENGE SLEEP

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

**Instructions:** For the next four weeks, follow the instructions to help you reach your goal of getting more sleep. First, fill in the typical times you go to bed and wake up. Then, for the next four weeks, challenge yourself to gradually go to bed earlier each night. Begin by going to bed 10 minutes earlier for 5 days out of the week and increase that by 5 minutes each week (see the examples below). Keep a record of when you wake up and go to bed each day on the calendar below.

I usually go to bed at:     \_\_:\_\_ AM PM  
 I usually wake up at:    \_\_:\_\_ AM PM  
 Total sleep time:        \_\_ hours \_\_ minutes

### Weekly Goals

- Week 1 Goal: Go to bed **10** minutes earlier than normal
- Week 2 Goal: Go to bed **15** minutes earlier than normal
- Week 3 Goal: Go to bed **20** minutes earlier than normal
- Week 4 Goal: Go to bed **25** minutes earlier than normal

	Su	M	Tu	W	Th	F	Sa	
Week 1	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	
Week 2	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min
Week 3	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min
Week 4	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min	<b>WAKE UP TIME:</b> __: __ AM PM <b>BED TIME:</b> __: __ AM PM <b>TOTAL SLEEP TIME:</b> __ hrs __ min

## Challenge Completion Summary:

On the days I achieved my goal I felt: \_\_\_\_\_  
 On the days I did not achieve my goal I felt: \_\_\_\_\_

# SLEEP INFORMATION

Did you know that we spend about one third of our lives sleeping? That's approximately 26 years spent in bed, so we need to make those hours count! It's not just quantity of sleep that matters—its quality, too. Getting a good night's rest improves your overall health, increases your energy levels, and improves your productivity. However, most people don't get the recommended 7-9 hours of sleep each night. There are also about 50-70 million adults who struggle with a sleep disorder.

Our sleep schedules, bedtime habits, day-to-day lifestyle choices, and/or sleep disorders can make a big impact on the quality of rest we get. Lack of sleep can increase our risk of health problems too. Studies have shown that those who receive 0-6 hours of sleep a night have an increased appetite for sugary, salty, and fatty foods which may result in weight gain.

*\*If you struggle sleeping or have a sleep disorder such as obstructive sleep apnea, insomnia, sleep walking, narcolepsy, restless legs syndrome, jet lag, or night terrors, you may need to seek additional help from a specialist.*

## TIPS FOR A BETTER NIGHT'S SLEEP

### TIME

A consistent sleep-wake schedule will help set your body's internal clock and improve the quality of sleep.

- Try to go to bed and wake up at the same time each day (even on the weekends).
- Avoid sleeping in, even if you stayed up late.
- Be smart about napping; if you have difficulty sleeping, try to limit your naps to 15 to 20 minutes.

### IMPROVE SLEEP ENVIRONMENT

The environment you sleep in can have a big impact on the quality of rest that you get.

- Keep noise down. If you can't avoid noise (i.e., traffic, barking dogs, etc.) try masking the noise with a fan or other sounds you find soothing.
- Make sure your bed is comfortable. If you wake up with a sore back or neck it may be time for a new mattress or pillow.
- If you typically lay down for bed at a time when it is light outside, use heavy curtains to cover the windows or a sleep mask. Even your alarm clock's light can disrupt sleep!

### LIMIT ELECTRONICS

Our electronics emit a blue light that can be disruptive to the sleep-wake cycle. This includes the screen on your cell phone, TV, iPad/tablet, or computer. Before bed:

- Avoid bright screens within 1-2 hours of your bedtime.
- Say no to late TV. Try recording your program so you can view it at another time.
- Be smart about reading before bed, try using a good old-fashioned book rather than an e-reader.

### WIND DOWN

Relaxation techniques before bed may help improve your quality of sleep. Here are some techniques you can use to help you relax:

- Deep breathing while visualizing a peaceful place.
- Doing some easy stretches.
- Make simple preparations for the next day.
- Dim the lights in the hours before you go to bed.

### GET REGULAR EXERCISE

Studies have shown that regular exercisers sleep better and spend more time in the deep, restorative stages of sleep.

- Don't have a huge chunk of time to dedicate to a workout? Even just 10 minutes of walking throughout the day has proven to help a person's quality of sleep.
- Be careful: your body needs time to level out after a vigorous workout. Try to complete exercise 2-3 hours prior to your bedtime.
- Stick with it. It can take several months of regular activity before you reap the full sleep-promoting effects of exercise.

### BE SMART ABOUT FOODS AND DRINKS

What you put in to your body throughout the day may affect your how you sleep.

- Cut back on caffeine. Caffeine can cause sleep problems 10-12 hours after drinking it. Consider eliminating caffeine after lunch or decreasing the number of cups you consume.
- Avoid large meals at night. Try eating earlier in the evening and avoid heavy, fatty, and spicy foods within 2 hours of bed.
- Avoid drinking too many liquids before bed so that you don't have frequent bathroom trips during the night.

## FOR MORE INFORMATION

Ask the **Fitness Factory staff** for more tips and/or resources to help you improve your quality of sleep.