

Start Your Own Sleep Makeover

1 Keep a Sleep Diary

For a few days, or ideally, for a few weeks, write down what you're doing before and after you go to bed. Write as much as you remember, including any feelings and thoughts you have. Also try to keep track of how much sleep you are getting, how often you wake up during the night, and how you feel in the morning.



2 Do the Math

After you've got the raw data, tally up some of the numbers from your sleep log. How does this feel to you? Are you under-sleeping or over-sleeping? What do you like most about what you are doing? What would you like to change?

3 Be Realistic

Recognize that sleep doesn't improve immediately; try one of the sleep ideas for a few days before abandoning it. Try different sleep tips and note how they work or how they don't work in your sleep diary. Rather than saying "This doesn't work for me," say "I'll try _____ tomorrow."



4 Redefine Sleep

Make sleep an enjoyable activity for yourself. What does sleep mean to you? Why do you enjoy sleep? If you don't, how can you make it enjoyable? Maybe you can listen to music or calming sounds or meditate. What are some positive things you like about sleep? Think of sleep like a friend; approach it with a positive attitude. If sleeping at night makes you anxious, hold a grounding object with you and think about the friendship you and sleep hope to develop.

5 Make an Action Plan

Healthy sleep isn't achieved in one night. Think about possible problems you may encounter when you sleep. What are some possible ways to minimize these issues? If you tend to wake up because of light noises, maybe try earplugs. Look through *The Sleep Handbook* for different ideas or do some research on your own. Keep your action plan close by so that when you do wake up during the night you can remind yourself of some possible ideas to help you go back to sleep or be more relaxed.



6 Plan to Plan

Set aside a daily planning/reviewing time. During this time, look at your sleep diary and think about what you can do the same or differently. Notice your own feelings toward sleep and the approaches to achieve healthy sleep. Where are you sleeping today? When are you going to prepare for bed? What kind of activity, tips, or exercise are you using today?

7 Hold Yourself Accountable

Consistency and persistence are key to achieving any goal. Try building an accountability system—a friend, a group, an app/reminder—that will check in with you about your sleep health. Sleep is an important human need. Remind yourself who will benefit when you have adequate sleep—you, your family, co-workers, etc.

