



Sleep Log

| <i>Ritual</i> | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Sleep/Awake Time | | | | | | | |
| Nightly Ritual/To Do List | | | | | | | |
| Environment | | | | | | | |
| Avoid stimulation | | | | | | | |
| Positive thoughts | | | | | | | |

| <i>Therapies</i> | / | / | / | / | / | / | / |
|----------------------------|---|---|---|---|---|---|---|
| Pain Reduction | | | | | | | |
| Exercise/Flexibility | | | | | | | |
| Relaxation/Warm Bath | | | | | | | |
| Aromatherapy/Herbs | | | | | | | |
| Fan/White Noise | | | | | | | |
| Natural awakening | | | | | | | |
| Air filter/Better mattress | | | | | | | |

Sleep Help

Rituals

- Go to bed and get up at the same time each day
- Avoid strenuous activity 3 hours before bed
- Avoid stimulation 1-2 hours before bed - caffeine, alcohol, smoking, heavy meals, loud music or entertainment, confrontation, etc.
- Keep your room quiet, dark, cool and well ventilated; hide clock
- Do the same things before bed each night
- Write your "to do" list before you go to bed; then put these things aside
- If dwelling on thoughts, think of the positive things you did during the day
- Eat a carbohydrate if you must eat
- Don't sleep in
- Use the bed (and bedroom, if possible) only for sleep

Gentle Therapies

- Reduce pain - use back friendly sleeping positions, flexibility, medication as last resort
- Be active - get moderate exercise each day
- Relaxation - meditation, reading, soothing music
- Aromatherapy
- Fan
- Stretch/Yoga
- Herbs such as chamomile
- White noise machine
- Warm bath or shower
- Air filter near bed and hypoallergenic fabrics (allergy reduction)
- Natural awakening - use sunlight, natural noise, etc.
- Sturdy, (medium/firm) comfortable bed and pillows

Intensive Therapies

Therapies and Finding Rhythms

- Find out how much sleep you actually need - for 3 to 5 days let yourself sleep in, with no interferences, distractions or alarm clocks. How many hours you naturally sleep on the last two days will generally be the amount of sleep you individually need
- Keep a sleep log - use the sleep tracker to keep track of how you sleep for 14 days
- Find your natural sleep rhythm - you'll sleep best when your temperature drops; take it hourly for a few days to determine when this happens during the day. Try to time your bedtime accordingly. If your biological clock is set inconveniently try to reprogram it via chronotherapy, a method that attempts to manipulate your internal clock. See your doctor or a sleep clinic accredited by the Association of Professional Sleep Societies
- If sleeplessness has become a habit, you might try to break the habit by *changing* your going to bed routine as much as possible; change the location of your bed or replace the bed itself, if that's feasible
- Accupressure/Accupunture
- Melatonin
- Prescription medications

