

# Sleep Well WEEKEND CHALLENGE

<p><b>Having trouble nodding off?</b> <i>Try these 9 tips:</i></p>	<p><b>Go to bed at the same time.</b></p> <p>A consistent bedtime (ideally, before midnight) will help your body know when it's time to wind down.</p>	<p><b>Get up at the same time.</b></p> <p>Waking at or shortly after sunrise is ideal, but only if it doesn't shorten your total sleep time.</p>	<p><b>Track total hours of restful sleep.</b></p> <p>Estimate (subtracting periods of wakefulness from total hours in bed) or use a sleep-tracking device.</p>	<p><b>Avoid alcohol close to bedtime.</b></p> <p>Drinking might help you feel relaxed, but can significantly impair or prevent deep sleep and REM stages.</p>	<p><b>Avoid caffeine later in the day.</b></p> <p>It can decrease sleep time and quality.</p>	<p><b>Develop a relaxing bedtime routine.</b></p> <p>Allowing your body and mind to wind down signals that it's time for rest (try a warm bath, reading, listening to music).</p>	<p><b>Turn off the TV and computer.</b></p> <p>Better yet, keep electronic screens out of the bedroom entirely.</p>	<p><b>Get some sun.</b></p> <p>Sunlight helps the body's internal biological clock reset itself each day. Experts recommend an hour of morning sunlight if you have problems falling asleep.</p>	<p><b>Eat wisely.</b></p> <p>Avoid heavy meals right before bedtime but don't go to bed hungry.</p>
	<b>FRIDAY</b>								
	<b>SATURDAY</b>								
	<b>SUNDAY</b>								

<i>Example</i>	Bedtime	Wake up	Restful hours slept	Avoid alcohol	Avoid caffeine	Relaxing bedtime routine	Turn off the TV and computer	Get some sun	Eat wisely
<b>FRIDAY</b>	<b>10:00pm</b>	<b>6:00am</b>	<b>8</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

**Notes** (*Track your mood, energy levels, and other noticeable changes*)

FRIDAY

SATURDAY

SUNDAY