

Getting Better Sleep

Thank you to all of my students who contributed to our in-class exploration of strategies to help us all get better, longer, and more regular sleep. Below is a compilation of the strategies we generated. Challenge yourself to implement a number of these strategies every day until you find that you get at *least* eight hours of sleep a night. I promise: you will find an incredible change in how you feel after just three solid nights of sleep!

Strategies	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Go to bed and wake up at the same time every day, including weekends. Use your early start to get a jump on your work, thereby leaving more time for sleep during the weekend and the following week.							
Don't procrastinate! Focus on getting your work done during the day to allow you to get to bed on time.							
Schedule sleep as if it's an appointment, and schedule everything else around it. Don't think of sleep as the <i>absence</i> of doing anything else. Think of it as a critical part of your day: <i>sleep therapy!</i>							
Melatonin is a naturally occurring hormone that promotes sleep. Learn about and leverage a number of things that you can do to naturally boost your melatonin levels.							
Use apps like Wunderlist to schedule your day to help you get your work done in time for a full and restful sleep. (See Elon Musk's time block method.)							
Use apps your smartphone's " <i>Bedtime</i> " feature to remind you to go to bed. (Don't ignore the alarm!)							
Have a good book by your bed that draws you to bed <i>and</i> gets you sleepy. Always put your book down as soon as you notice your eyelids getting heavy. (Don't try to read to the end of a page or chapter.)							
Make SLEEP the new badge of honour! Show off how much sleep you get. Talk about how great it makes you feel, and share the news about how efficient and productive you are with enough sleep.							
Shut off and put away all technology at <i>least</i> one hour before bed.							
Keep your devices (laptop, tablet, smart phone, etc.) in another room.							

SLEEP TRACKER	Bed time:						
	Wake time:						
	Hours of sleep:						