

WEEK 1

Getting Started

*Starting today, complete
the SleepWell® Tracker
for seven full days.
Answer the questions
and fill in the charts.*

WEEK 1: *Getting Started*

Keep a Sleep Journal

Use the SleepWell® Tracker to help you monitor and better understand your own sleep habits. With this information, you can make changes to improve the quality of your sleep.

Start now! The sooner you can understand your own sleep patterns, the sooner you can start to make changes to enhance your sleep and improve daytime energy.

Use your SleepWell® Tracker throughout the program. If you do not have a separate SleepWell® Tracker booklet, make copies of the SleepWell® Tracker and “Sleep Trends”.

How to Use the SleepWell® Tracker

- Recording each day’s sleep and activities on the SleepWell® Tracker takes only a few moments of your day. Complete the top half of each day in the morning. Complete the bottom half of each day before you go to bed.
- This tracker has places to record eight weeks of your sleep habits. If you would like to do this beyond eight weeks make additional copies.
- Review your completed SleepWell® Tracker to notice any trends or patterns in your sleep or daily practices. At the end of each week, there is a “Sleep Trends” to record your common habits related to sleep. Use these to identify factors that help, as well as hinder your sleep.
- Compare your habits with those described in the SleepWell® guide. Use the “Sleep Trends” to define measurable goals for the upcoming week. Make gradual changes to your habits as you work towards healthier sleep.

*“Sleep is that golden chain that ties
health and our bodies together.”*

– Thomas Dekker

Why Sleep Enhancement is Important

Getting enough sleep helps you maintain good health and function your best during the day.

In the chart below, circle 'Yes' or 'No' on each line.

You need sleep to:	I struggle with this often.		I want to learn more about fixing this issue.	
Have energy	Yes	No	Yes	No
Think clearly	Yes	No	Yes	No
React quickly	Yes	No	Yes	No
Be productive	Yes	No	Yes	No
Learn new things	Yes	No	Yes	No
Remember information	Yes	No	Yes	No
Fight infections	Yes	No	Yes	No
Pay attention to things	Yes	No	Yes	No
Make decisions	Yes	No	Yes	No
Communicate clearly	Yes	No	Yes	No
Perform well	Yes	No	Yes	No
Avoid accidents	Yes	No	Yes	No
Manage stress	Yes	No	Yes	No
Avoid accidents	Yes	No	Yes	No

When You Don't Get Enough Sleep

According to the National Sleep Foundation, about 60 percent of Americans between the ages of 13 and 64 report having problems with sleep every night or almost every night. Studies find that the average person gets less than seven hours of sleep per night. In general, adults need at least seven to nine hours of sleep each night. A lack of sleep or getting poor quality sleep can lead to a wide range of short-term and long-term health problems.

Health Problems from a Lack of Sleep:

- Anxiety, depression, and alcohol abuse
- Obesity
- Heart disease
- High blood pressure
- Diabetes
- Stroke
- Gum disease



Sleep is also important to maintain proper mental function and stabilize mood. Poor sleep can also hurt immunity (see below), stress management, cell repair, and metabolism. Any time the body does not get enough sleep, it is not going to function optimally. It only takes one night of poor sleep to affect decision-making, learning, and reaction time.

Immunity

Immunity is about more than avoiding sniffles and the flu (though both of these can be serious for your health and disrupt your life!). The risk for cancer, heart disease, and type 2 diabetes increases with sleep deprivation.

During sleep, molecules in the blood that kill cancer cells rise sharply. Also, inflammation increases in the body after only a two-hour sleep deficit. Inflammation is linked to many chronic diseases. These include cardiovascular problems, stroke, Alzheimer's disease, and skin problems.

A Dangerous “Solution” to Busy Lives

A busy schedule and many demands on your time make it hard to get enough sleep. You may choose to stay up late or get up early to squeeze in home, work, family, and personal to-do's.

Advice for living a healthy lifestyle usually focuses on healthy eating, exercise, stopping alcohol and tobacco use, and safety issues. Did you know that getting enough quality sleep is as important to good health and long life as are healthy eating and regular exercise?

If sleep suffers, the healthy actions taken during the daytime are not enough to maintain health.

*What other wellness goals are you working on right now?
(e.g. losing weight, reducing stress)*

Make Sleep a Priority

Go ahead. It's okay. In fact, it's downright necessary in order to avoid serious health problems! As you go through this guide, put action steps on your to-do list along with other things you need to do.

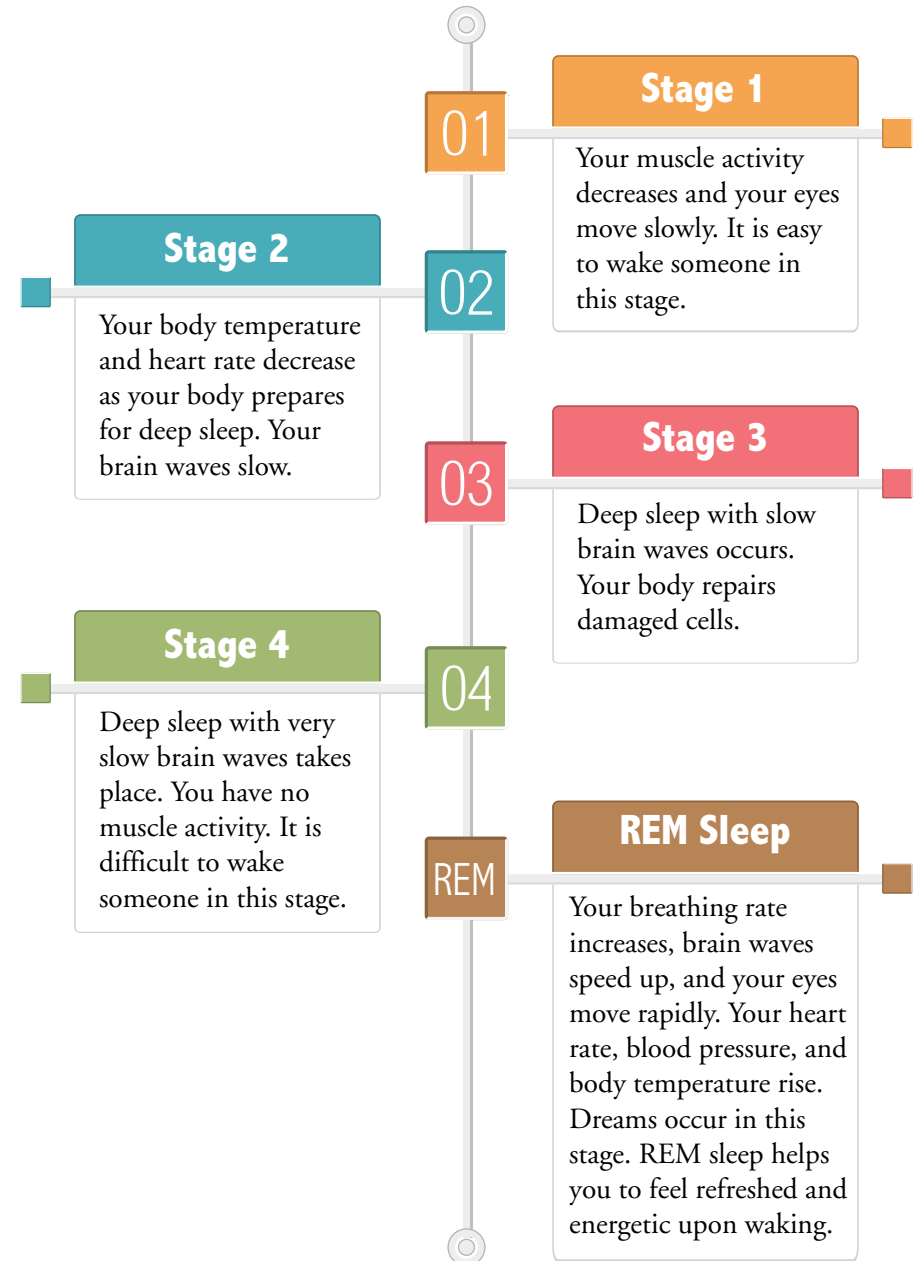
RISKY BUSINESS

Not getting enough sleep can cause injury and death. About 20% of all serious car crashes are linked to driver sleepiness. Workers with severe insomnia make 2½ times more serious work errors than persons who get proper sleep.



Basics of Sleep

You move through several stages during sleep. Each stage has an important role. The first REM sleep cycle is reached about 90 minutes after falling asleep.



Insomnia

Insomnia includes problems falling asleep, staying asleep, or waking up too early. It is normal to have a bad night of sleep every now and then. Occasional poor sleep becomes insomnia when this pattern continues for several weeks AND fatigue or feeling drowsy during the day occurs due to lack of sleep.

There are many causes of insomnia. Too much caffeine, travel, taking care of an ill loved one, or stress can affect your sleep. Quite often, insomnia is a result of conditioning your body to be awake in bed, even if you feel tired or know you need sleep. Having trouble sleeping over several nights may lead to worrying about being able to fall asleep or expecting to lie awake for hours.

Whether your sleep issues are transient (come and go) or chronic (occur all the time), this guide can help to improve your ability to fall asleep and stay asleep.

Sleep Problems & Health Conditions

If you have trouble sleeping or have daytime sleepiness for longer than three weeks, consult your doctor.

Any condition, illness, injury, or surgery that interrupts sleep due to pain, discomfort, or waking to urinate can cause sleep problems. Health conditions that affect sleep include: arthritis, asthma, COPD, fibromyalgia, narcolepsy, and thyroid disorders. Sleep problems are also linked to many mental illnesses. These include anxiety, depression, bipolar disorder, PTSD, and substance abuse. Over-the-counter medicines, such as decongestants and diet pills can affect sleep, too.

Sleep Apnea Signs:

- Loud snorting sounds while sleeping on the back
- Repeated periods when breathing stops for 10 or more seconds during sleep
- Waking up many times during the night and excessive daytime sleepiness
- Exhaustion and having a hard time concentrating during the day

Periodic Limb Movements in Sleep (PLMS) and Restless Leg Syndrome Signs:

- Creeping, crawling, pulling and/or painful feelings in one or both legs
- Jerking or bending leg movements that you can't control during sleep

Circadian Rhythm



This is a natural process the body follows over a 24-hour cycle. Our 24-hour cycle is adapted to the 24-hour light-dark cycle of the earth. This creates our internal clock that many body systems follow. These include heart, kidney and immune system functions, and release of certain hormones. Due to this rhythm, we are more likely to feel sleepy and to fall asleep when it is dark outside.

Sleep Drive



The longer you stay awake, the more likely you are to fall asleep and stay asleep. This natural force is known as your sleep drive. Sleep drive helps keep your body functioning. It can overpower your desire to stay awake if you build up too much of a sleep debt. A healthy sleep drive follows a predictable cycle. When you go to bed, you should feel that you are responding to your body's natural drive to sleep.

Sleep enhancement is not about actively trying to sleep. Sleep enhancement is about creating conditions that allow your body to fulfill a natural need. Lifestyle habits, schedules, and thought processes can throw off your body's natural rhythm. Using this guide will help you “re-set” your sleep drive.

Shift Work

About 20% of the U.S. workforce is employed in some type of shift work or works non-traditional hours. Often, shift work does not follow the body's natural circadian rhythm. Working during normal sleep-time can put shift workers at high risk for sleep deficiency. Without enough sleep, the risk for accidents and health problems increases. You can take special steps to promote healthy sleep if you work shifts other than usual daytime hours. Check out the tips for shift workers throughout this guide.



Approaching a Lifestyle Change

What are you willing to change? This program asks you to make changes to your routines, lifestyle habits, and sleep schedule.

As you become aware of your own habits, this guide will help you make changes to areas that keep you from getting quality sleep. Some of these changes may be easy; others may ask more of you. If you want to improve your sleep, the following ideas are important:

- **Value the Change.** It is important to address poor sleep. You must believe that you need to make this change and that changing your sleep will benefit you.
- **Be patient.** It takes time for certain changes to have an impact on your sleep habits. You may not notice a difference right away. Continue the new routine and use your SleepWell® Tracker.
- **Experiment.** Finding what works for you is also important. This includes seeking a deeper understanding of your current habits and trying different strategies to find what will make a difference for you. Reading a book may help you fall asleep. Or, reading may keep you up late when you can't put the book (or electronic reader) down.
- **Accept Real World Challenges.** Finding a perfect way to sleep and avoid insomnia may not be possible. Over your lifetime, you will need to adapt to changing schedules and new challenges. These include work schedules, meal times, your own body clock, travel, aging, illness, and medications. Tools that work for a few months may not work long term. Equip yourself with many ideas and tools to be better prepared for a variety of situations and challenges.

Repeat This Statement Out Loud:

I am willing to be patient and to try different tools to help me sleep better. I believe sleep is very important to my health and well-being.

Review & Prepare

Complete the following.

Why I am concerned about my sleep:

*What I think is the biggest challenge with my sleep:
(e.g. not being able to fall asleep or stay asleep, waking up often,
not feeling refreshed when I wake up)*

Could any medical issues or medications be causing my sleep problems?

If you answered yes to this question, talk with your doctor about your sleep issues.