

PERSONAL SLEEP ASSESSMENT

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**if DIETS
DON'T WORK,
WHAT DOES?**

Dear Reader,

If you have less than optimal sleep quality or quantity, you may need to intentionally retrain your body to sleep better. This Sleep Assessment Workbook will help you get clear on what is going well and what could be improved.

Do not feel like you have to fix everything at once. Use this workbook to get a clear picture of where you're at, then choose one, two, or three simple things you could work on to improve your sleep patterns.

Sleep very much functions on a compound effect. Over time, several weeks to several months, as you are consistent with sleep-supportive habits, your sleep should improve. Of course, be sure to consult with a doctor if you suspect you may be suffering from sleep apnea or narcolepsy. Generally though, your sleep quality can be much improved with simple adjustments to routines and environments.

Sleep is one of the most foundational needs of the human body. Like air to breathe and water to drink, your body needs sleep. I hope that this workbook will support you in identifying how you can support your body more in getting the sleep it needs.

Take care,

- Danielle



Assessing Sleep Quality & Quantity

How well are you sleeping?

- ☐ Restful the entire night
- ☐ Wake up once
- ☐ Wake up 2 or more times

Why do you think you're not sleeping well?

How much are you sleeping?

Typical fall asleep time:

Typical wake time:

Typical total sleep hours:

Sleep Environment

How would you describe your sleep environment? Check YES or NO for each recommendation.

Bedroom Temperature: Not Too Hot; Not Too Cold	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Bedroom Noise Levels: Quiet	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Bedroom Light Levels: Dark	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Comfortable Mattress	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Comfortable Pillow	<input type="checkbox"/> YES	<input type="checkbox"/> NO
White Noise (if preferred)	<input type="checkbox"/> YES	<input type="checkbox"/> NO

Number of YES

Number of NO

Sleep Routines

General practices recommend that certain routines will be supportive of better sleep. Take notes below each recommendation on how well this is going and where you could improve.

- Going to bed at the same time every night (including weekends if possible)

- Wake up at the same time every morning (including weekends if possible)

- Creating a bedtime routine signals to the body that it is time to sleep; what do you do every night before bed that calms your mind and your body to prepare for sleep?

- Don't lie in bed awake for more than 20 min. Get up and go do something boring and calm until you feel tired enough to go lay down again.

Daytime Factors

There are certain daytime activities that can make it easier to fall asleep at night, and some that can make it harder. Take stock of any that you notice in yourself. What would you like to improve?

Sleep-Supportive Daytime Activities

- 10-30 min light to moderate aerobic exercise daily

- Turning off screens at least an hour before bed

Sleep-Hindering Daytime Activities

- Caffeine (tea, coffee, soda), Sugar, or other stimulants after 2pm

- Nicotine

- Napping after 3pm

- Napping longer than 20 min

- Drinking fluids after dinnertime

- Exercising within 2-3 hours of bedtime

Mental/Emotional Patterns

While taking care of our body and our environment and creating certain routines can make a huge difference with sleep, sometimes there's more to it. Use the prompts below to consider how much these emotional or mental patterns may be playing a role in less than optimal sleep. Jot down your thoughts on each that you feel applies to you.

- Worrying

- Unexplained Anxiety

- Mind Racing

- Reviewing Events of the Day

- Reviewing to-do list

- Other (what do you notice in yourself mentally or emotionally that keeps you from sleeping well?)

Consider Ways that you could manage these thoughts or feelings earlier in the day or in the evening to allow yourself to sleep better. Consider journaling, talking with a friend or loved one, guided relaxations or meditations, deep breathing, etc.

Social Factors

Life does not happen in a bubble, and neither does sleep. If you live or work with other people who have an influence on your sleep environment or sleep routines, it is important to identify what is going on. Consider having a conversation with these persons about how you need their support to sleep better. What could you ask them to do that would support you? Consider what new boundaries you need to set so you can make your sleep a priority. Note influence and brainstorm conversation or boundary ideas below.

- Spouse or Partner:

- Children or Roommates:

- Other (friends, colleagues, work emails, late night messages & texts, etc)

Making sleep a priority is one of the greatest gifts you could give to your body. Your body will thank you with better energy, a stronger immune system, ease in releasing excess weight, and much more. One step at a time, you can improve your health by improving your sleep. Enjoy the journey!