



Sleep Hygiene



SLEEP HYGIENE

There is a strong link between sleep and mental health. Insufficient sleep can lead to increased mental distress, while adequate sleep enhances cognitive and emotional resilience. Healthy adults should aim for 7 to 9 hours of sleep per night.

Benefits of good sleep



- **Improved Cognitive Function:** Enhances memory, concentration, and problem-solving skills.
- **Emotional Stability:** Reduces stress and helps regulate mood, decreasing the risk of anxiety and depression.
- **Physical Health:** Boosts the immune system, lowers the risk of heart disease, and supports overall bodily repair and growth.
- **Increased Productivity:** Enhances focus and efficiency in daily tasks and decision-making.
- **Better Weight Management:** Helps regulate hormones that control appetite, reducing the risk of obesity.
- **Enhanced Performance:** Improves physical performance and coordination, beneficial for both daily activities and athletic endeavors.

Tips for good sleep hygiene

- **Be Consistent:** Go to bed and wake up at the same time every day, including weekends.
- **Optimize Your Bedroom:** Ensure your sleeping environment is quiet, dark, relaxing, and at a comfortable temperature.
- **Remove Electronics:** Keep TVs, computers, and smartphones out of the bedroom.
- **Be Careful With Naps:** Limit naps to avoid disrupting your sleep schedule, and avoid napping late in the day.
- **Limit Caffeine:** Avoid consuming caffeine in the late afternoon or evening, as it can negatively impact sleep quality.
- **Introduce Pleasant Aromas:** Use calming scents to create a relaxing atmosphere for sleep.

A decorative graphic of a white cloud with a pink outline. Inside the cloud, the letters 'z', 'Z', and 'z' are written in a stylized, blue font, representing sleep or snoring.

zZz

SLEEP



Sleep and mental health are closely intertwined; insufficient sleep is linked to a rise in frequent mental distress. On the other hand, getting a good night's sleep enhances cognitive and emotional resilience. Experts recommend that healthy adults aim for 7 to 9 hours of sleep each night.

BENEFITS OF GOOD SLEEP

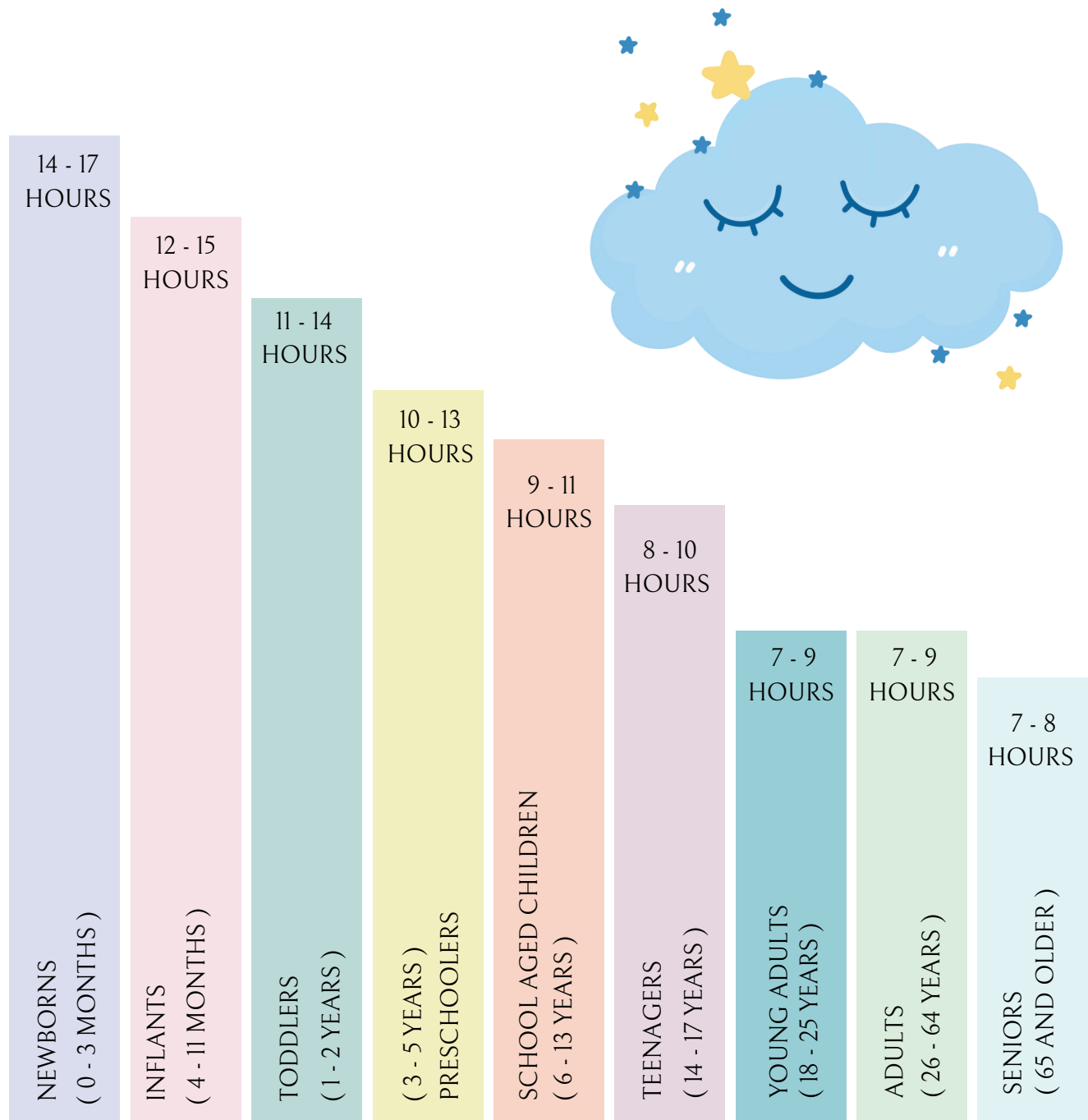
- **Improved Cognitive Function:** Enhances memory, concentration, and problem-solving skills.
- **Emotional Stability:** Helps regulate mood and reduce stress, anxiety, and depression.
- **Better Physical Health:** Supports immune function, reduces inflammation, and lowers the risk of chronic conditions like heart disease and diabetes.
- **Increased Energy Levels:** Boosts overall energy and stamina for daily activities.
- **Weight Management:** Helps regulate hormones that control appetite and metabolism.
- **Enhanced Performance:** Improves productivity, creativity, and overall performance in both personal and professional tasks.

TIPS FOR BETTER SLEEP

- **Maintain a Regular Schedule:** Go to bed and wake up at the same time every day, including weekends.
- **Optimize Your Sleep Environment:** Ensure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- **Remove Electronics:** Keep TVs, computers, and smartphones out of the bedroom.
- **Be Mindful of Naps:** Avoid long or late naps as they can disrupt your sleep schedule.
- **Limit Caffeine Intake:** Refrain from consuming caffeine in the late afternoon or evening as it can interfere with sleep quality.
- **Introduce Calming Scents:** Use a light, pleasant aroma to create a soothing atmosphere that promotes sleep.

HOW MUCH SLEEP IS ENOUGH?

Sleep is a crucial function that enables your body and mind to rejuvenate, resulting in increased alertness, energy, and improved focus for daily activities. Many people are uncertain about the ideal amount of sleep, as both insufficient and excessive sleep can negatively impact health. Chronic sleep deprivation can lead to conditions like high blood pressure, diabetes, heart attacks, heart failure, and strokes. Conversely, oversleeping is linked to various health issues, including diabetes, heart problems, and mental health disorders.



WHAT DID I DO BEFORE I WENT TO BED

CHECK OFF ANYTHING THAT YOU DID BEFORE YOU WENT TO BED TO
HELP TRACK WHAT SLEEPING HABITS WORK FOR YOU.

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|-----|-----|-----|-----|-----|-----|-----|
| READ A BOOK  | | | | | | | |
| HAD A BATH/SHOWER  | | | | | | | |
| WATCHED A MOVIE  | | | | | | | |
| USED MY PHONE/IPAD  | | | | | | | |
| ATE DESSERT  | | | | | | | |
| SPENT TIME ON-LINE  | | | | | | | |
| LISTENED TO MUSIC  | | | | | | | |
| HAD A HOT DRINK  | | | | | | | |
| ENGAGED IN MINDFULNESS  | | | | | | | |
| EXERCISED  | | | | | | | |
| ATE A MEAL  | | | | | | | |

HEALTHY SLEEP HABITS

Consider the things you can control and incorporate these healthy sleep habits into your bedtime routine to make sleep deprivation a thing of the past.

DON'T

DO

START OVER THINKING ABOUT
THE NEXT DAY

TRY MEDITATING

WATCH SCARY OR ACTION
MOVIES

READ A BOOK

USE YOUR PHONE OR
ANYTHING THAT HAS BLUE
LIGHT

ENGAGE IN GROUNDING
EXERCISES

ENGAGE IN INTENSE EXERCISE
RIGHT BEFORE BED

OPT FOR RELAXING STRETCHES OR
YOGA CLOSER TO BEDTIME

OVER EAT

TRY EATING DINNER 2 HOURS
BEFORE BEDTIME

CONSUME CAFFEINE CLOSE TO
BEDTIME

SWITCH TO DE CAFFEINATED
DRINKS OR WATER

NIGHTMARE PROTOCOL

We all experience nightmares from time to time. Many folks who have trauma or anxiety experience recurring nightmares. DBT has a skill for what to do when recurring nightmares keep you from sleeping. The idea behind Nightmare Protocol is that you are in control of your dream. You are capable of changing what happens and what you feel. If you create and practice those changes in advance, they will show up in your dream.

1. Practice coping skills first to be ready to work on changing your nightmare
 - a. Try relaxation techniques, self-soothe, and/or Wise Mind exercises
2. Choose a recurring nightmare to work on
 - a. Know your limits. Consider putting off working on a trauma nightmare until you're ready to work on it. If choosing a trauma nightmare, skip step 3
3. Write down your nightmare
 - a. Record sensory descriptions and thoughts, feelings, and assumptions you have about yourself during the dream
4. Choose a new outcome for the nightmare
 - a. Make sure this change occurs before anything bad or traumatic happens to you or others in the nightmare. Create a change that prevents this and that will have you waking up with a sense of peace.
 - b. Don't be afraid to try something different! Get superpowers, turn the dinosaur into a unicorn, whatever it takes.
 - c. Changes can also mean changing the thoughts, feelings, or assumptions you have about yourself in the nightmare.
5. Write down the full nightmare with the change
6. Each night before sleep, rehearse the changed nightmare and then practice relaxation exercises
7. During the day, visualize the dream and practice relaxation techniques



EVALUATE YOUR SLEEP HYGIENE



Paying attention to sleep hygiene is one of the most straightforward ways that you can set yourself up for better sleep.

Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Every sleeper can tailor their sleep hygiene practices to suit their needs. In the process, you can harness positive habits to make it easier to sleep soundly throughout the night and wake up well-rested.

Do I go to bed and wake up at the same time every day, including weekends?

Is my bedroom environment quiet, dark, and at a comfortable temperature for sleeping?

Do I avoid using electronic devices such as TVs, computers, and smartphones at least an hour before bed?

Am I careful with naps, avoiding long naps or napping late in the day?

Do I avoid consuming caffeine in the late afternoon or evening?



EVALUATE YOUR SLEEP HYGIENE



Do I engage in relaxing activities before bed, such as reading or taking a warm bath?

Is my bed comfortable and supportive, and do I use it only for sleep and sex?

Do I avoid large meals, sugar, alcohol, and nicotine before bedtime?

Do I exercise regularly, but not too close to bedtime?

Have I created a calming bedtime routine to signal to my body that it's time to sleep?

If I wake up in the middle of the night, do I fall back to sleep easily?

SELF-CARE WHEEL

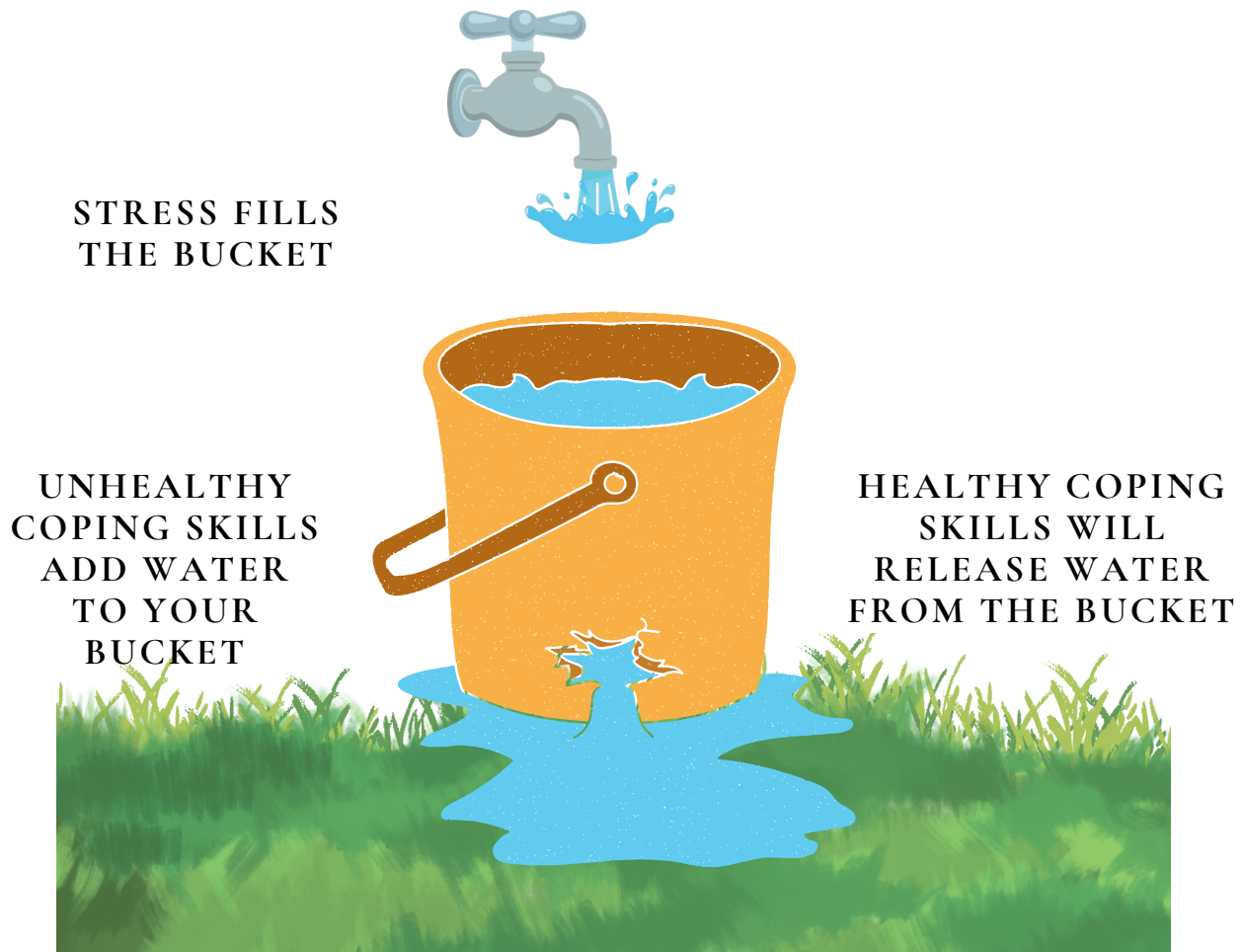
SELF-CARE FOR IMPROVED SLEEP

Self-care is an essential survival skill. It involves activities we regularly engage in to reduce stress and maintain or improve our physical and mental well-being. Anything you do for yourself that makes you feel better or cared for counts as self-care. This self-care wheel highlights different aspects of self-care, providing a straightforward action plan to manage stress and lead a more balanced life.



STRESS BUCKET

MANAGING STRESS FOR BETTER SLEEP



Imagine you have a bucket inside your body which collects all of your stress. Events and day-to-day things, such as work, home life, illness or finances, add stress into the bucket. Sometimes the bucket might feel relatively empty, and other times it might feel quite full. We all have stress buckets of different sizes, and so we vary in how much stress we can individually manage. Equally, an event that we find very stressful, someone else might find only slightly stressful or not stressful at all. This is ok – we are all different!



BEDTIME ROUTINE

CHECK OFF ANYTHING THAT YOU DID BEFORE YOU WENT TO BED TO HELP
TRACK WHAT SLEEPING HABITS WORK FOR YOU.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| AVOID CAFFEINE | | | | | | | |
| KEEP A COOL TEMPERATURE | | | | | | | |
| AVOID SCREENS | | | | | | | |
| DRINK HERBAL TEA | | | | | | | |
| USE ESSENTIAL OILS | | | | | | | |
| GENTLY STRETCH | | | | | | | |
| LISTEN TO CALMING MUSIC | | | | | | | |
| TAKE A WARM BATH | | | | | | | |
| DIM ALL LIGHTS | | | | | | | |
| MEDITATE | | | | | | | |
| READ A BOOK | | | | | | | |

SLEEP TRACKER

| DAY | WHEN I SLEPT | DURATION | NAPPED | QUALITY |
|-----|--------------|----------|--------------------------|---------|
| 01 | | | <input type="checkbox"/> | |
| 02 | | | <input type="checkbox"/> | |
| 03 | | | <input type="checkbox"/> | |
| 04 | | | <input type="checkbox"/> | |
| 05 | | | <input type="checkbox"/> | |
| 06 | | | <input type="checkbox"/> | |
| 07 | | | <input type="checkbox"/> | |
| 08 | | | <input type="checkbox"/> | |
| 09 | | | <input type="checkbox"/> | |
| 10 | | | <input type="checkbox"/> | |
| 11 | | | <input type="checkbox"/> | |
| 12 | | | <input type="checkbox"/> | |
| 13 | | | <input type="checkbox"/> | |
| 14 | | | <input type="checkbox"/> | |
| 15 | | | <input type="checkbox"/> | |

SLEEP TRACKER

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| 01 | | | <input type="checkbox"/> | |
| 02 | | | <input type="checkbox"/> | |
| 03 | | | <input type="checkbox"/> | |
| 04 | | | <input type="checkbox"/> | |
| 05 | | | <input type="checkbox"/> | |
| 06 | | | <input type="checkbox"/> | |
| 07 | | | <input type="checkbox"/> | |
| 08 | | | <input type="checkbox"/> | |
| 09 | | | <input type="checkbox"/> | |
| 10 | | | <input type="checkbox"/> | |
| 11 | | | <input type="checkbox"/> | |
| 12 | | | <input type="checkbox"/> | |
| 13 | | | <input type="checkbox"/> | |
| 14 | | | <input type="checkbox"/> | |
| 15 | | | <input type="checkbox"/> | |

CREATE YOUR CALM CORNER

List possible rooms, spaces or nooks in your home to claim as yours.

| | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What items would you put in there that would relax you and lift your mood?

| | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What soothing colors would be in that space?

_____ # _____ # _____ # _____

Date you will start creating this space:

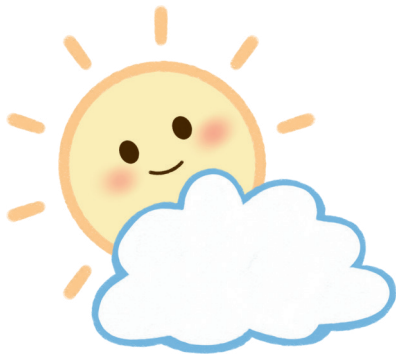
Target completion date:

I promise myself to create this for me to go to when I am feeling anxious and upset so I
can learn to create more calm in myself.

Signature:

RITUALS AND ROUTINES

Routines help you begin and start your day properly and create some structure to your day.



Craft Your Morning Routine

Wake up time: _____

Exercise time: _____

Quiet time: _____

Breakfast time: _____

Other: _____

Other: _____

Craft Your Evening Routine

Bedtime: _____

Wind down time: _____

Quiet time: _____

Other: _____

Other: _____

Time all chores
should be
completed: _____



What will you use as a trigger to begin this routine?

SELF-CARE RITUALS THAT SOOTHE

Meditate to clear your mind, strengthen your focus, and gain peace

Take time to do something you really love to do

Take a luxurious bath or shower. Include candles, soft music, or soothing oils.

Go outdoors to re-acquaint yourself with nature

It's important to take care of you!

These self-care rituals will help you soothe your mind, body, and soul, contributing to joyous and fulfilling days and better sleep at night.

Practice soothing, healthful skin care

Exercise to relieve your stress and rejuvenate both your mind and body

Stay in touch with your feelings

NOTES:

DECLUTTER YOUR MIND

Our minds are filled with clutter. Just as a cluttered home can be decluttered, so can a cluttered mind. Daily stress, poor mental habits, and unfinished business are a few of the causes of mental clutter.

Answer these questions to gain insight toward reducing your mental clutter:

1. What are the excess items in my home and work environment that contribute to my mental clutter?

2. Are there unnecessary people in my life that create additional clutter? Who are they? How can I lessen their impact?

3. How do I distract myself? What do I do when I procrastinate?

DECLUTTER YOUR MIND

4. When can I implement focused breathing into my routine?

5. How can I add at least one 20-minute daily meditation session into my life?

6. How would my life change if I were able to reduce my mental clutter by at least 50 percent?

7. What are the negative thoughts I experience regularly? How do these impact the rest of my day?



TIPS FOR **BETTER SLEEP**



SCREENS
OFF

AVOID
CAFFEINE

KEEP A
SCHEDULE

MEDITATION

REDUCE
NOISE

zzzz



Learning to Sleep

