CONNOR & GALLAGHER OneSource

Seven Day Sleep Challenge

Tracking your daily habits will make you more aware of what opportunities are available for a better night's sleep. Try these healthy habits below throughout the week for a healthier night sleep!

Sleep friendly choices I made today...	MON	TUES	WED	THUR	FRI	SAT	SUN
Got natural light within the first 20 minutes of waking							
Opened blinds, moved closer to a window, and/or took a "sun break" during the day							
Avoided caffeine 6 hours before bed							
Avoided stimulants like alcohol and nicotine 3-4 hours before bed							
Exercised for 30 minutes or more during the day and ended 2-3 hours before bed							
Avoided screens (TV, phone, tablet) 30 minutes before bed							
Dimmed all lights & avoided bright lights (like bathroom lights) 30 minutes before bed							
Made my bedroom as dark as possible (unplugged electronics that glow like alarm clocks, used black out curtains, and/or used a sleep mask)							
Made my bedroom as cool as possible (turned the AC down to 65-75°, used a thinner blanket, or wore lighter pajamas)							
Practiced a relaxing bed time ritual prior to going to bed							
Turned phone on airplane mode before bed							
Went to bed and woke up at my "normal" time							
Did not eat, watch TV, read, etc. in bed							
If you woke up in the middle of the night: Used night lights in bathrooms and hallways instead of overhead lights in the middle of the night							
If you woke up in the middle of the night: Used one of the techniques to help me fall back asleep							
Woke up at							
Went to bed at							