Creating a Sleeping Schedule

Why Create A Schedule

- Organization
- Productivity
- Getting Adequate Rest

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Planning for your Sleep Schedule (Ramar et al, 2021)

EXAMPLE	SUNDAY	MONDAY
End work/start leisure	11:45PM	10:30PM
Prepare things for next day	12AM	11PM
Begin nighttime routine	12:30AM	11:30PM
Bedtime	1AM	12AM
Hours of sleep I am aiming for	8 hours	7 hours
Wake-up time for next day	9AM	7AM
Ready time for next day	10AM	8AM

Ready Time For Next Day

- Time you need to leave for the next day

Ramar et al. (2021)

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Wake-Up Up Time For Next Day

- You will want to consider:
  - Shower time
  - Getting ready
  - Morning workout
  - Morning chores
  - Walking your pet

Set your alarm for this time
  - It is recommended not to snooze

Ramar et al. (2021)

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Hours of Sleep
I Am Aiming For/Bedtime

- 7-8 hours per night
- Avoid distractions

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Hou et al. (2020)

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Begin Nighttime Routine

- Preparing for bed
  - Winddown activity
  - Dental routine
  - Skincare routine

Hou et al. (2020)

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Prepare Thing For The Next Day

- Charging your computer
- Preparing your backpack
- Lunch/snacks
- Picking out clothes for the next day

Hou et al. (2020)

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End Work/start leisure

- Ending work
- Starting leisure could include:
  - Relaxing beverage or snack
  - Watching a television show
  - Chatting with a loved one
  - Spending time with a pet
  - Cleaning

Hou et al. (2020)

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Your Sleep Schedule!

MY SLEEP SCHEDULE

Your turn! Use this page to set goals and track progress on your sleep hygiene routines.

	SUN	M	T	W	TH	F	SAT
End work/start leisure							
Prepare things for next day							
Begin nighttime routine							
Bedtime							
Hours of sleep I am aiming for							
Wake-up time for next day							
Ready time for next day							

Build your own Sleep Schedule!

- List the end of your work
- Preparing for the next day
- Nighttime Routine
- Bedtime
- Hours of Sleep You Need
- Your set wakeup time
- Your set ready time

Hou et al. (2020)

References

Hou, W. K., Lai, F. T., Ben-Ezra, M., & Goodwin, R. (2020). Regularizing daily routines for mental health during and after the COVID-19 pandemic. *Journal of Global Health*, *10*(2).

Ramar, K., Malhotra, R. K., Carden, K. A., Martin, J. L., Abbasi-Feinberg, F., Aurora, R. N., ... & Trotti, L. M. (2021). Sleep is essential to health: an American Academy of Sleep Medicine position statement. *Journal of Clinical Sleep Medicine*, *17*(10), 2115-2119.

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