Creating a Sleeping Schedule
Why Create A Schedule

• Organization
• Productivity
• Getting Adequate Rest
## Planning for your Sleep Schedule (Ramar et al, 2021)

<table>
<thead>
<tr>
<th>EXAMPLE</th>
<th>SUNDAY</th>
<th>MONDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>End work/start leisure</td>
<td>11:45PM</td>
<td>10:30PM</td>
</tr>
<tr>
<td>Prepare things for next day</td>
<td>12AM</td>
<td>11PM</td>
</tr>
<tr>
<td>Begin nighttime routine</td>
<td>12:30AM</td>
<td>11:30PM</td>
</tr>
<tr>
<td>Bedtime</td>
<td>1AM</td>
<td>12AM</td>
</tr>
<tr>
<td>Hours of sleep I am aiming for</td>
<td>8 hours</td>
<td>7 hours</td>
</tr>
<tr>
<td>Wake-up time for next day</td>
<td>9AM</td>
<td>7AM</td>
</tr>
<tr>
<td>Ready time for next day</td>
<td>10AM</td>
<td>8AM</td>
</tr>
</tbody>
</table>
Ready Time For Next Day

- Time you need to leave for the next day

Ramar et al. (2021)
Wake-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)
Hours of Sleep
I Am Aiming For/Bedtime

- 7-8 hours per night
- Avoid distractions

Hou et al. (2020)
Begin Nighttime Routine

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

Hou et al. (2020)
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)
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)
Your Sleep Schedule!

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
