Improving your Sleep

Sleep Self-Assessment Checklist

Place a check by the statements that are characteristic of your sleep patterns.

1. Getting 8 hours of sleep 5 nights or more per week rarely happens for me.  
2. When attempting to perform well *academically*, sleep is not a priority.  
3. When attempting to perform well *physically/athletically*, sleep is not a priority.  
4. I am unaware of what I eat and how this impacts my sleep.  
5. I am unaware of when I eat and how this impacts my sleep.  
6. I am unaware of what I drink (caffeine, alcohol) and how this impacts my sleep.  
7. I am unaware of when I drink (caffeine, alcohol) and how this impacts my sleep.  
8. I tend to nap regularly, 4 or more days per week.  
9. When napping, I typically nap for more than 30 minutes.  
10. I regularly have trouble falling asleep.  
11. I regularly have trouble staying asleep.  
12. I regularly have trouble getting up in the morning.  
13. I lack a routine or ritual that I regularly use to help me prepare for sleep  
14. I rarely see a connection between my sleep and my relationship happiness.  
15. I am unsure at what times during the day I am likely to get drowsy or doze off.  
16. My sleep space is filled with stimulants (TV, cell phone, computer, bright lights)  
17. I rarely see a connection between sleep and prescribed or OTC medication.  
18. Time with friends, parties, and/or peer pressure frequently cut into my sleep.

www.uhs.uga.edu
NEGATIVE EFFECTS OF SLEEP DEPRIVATION

- Accidental Death
- Yawning
- Memory Problems
- Hallucinations
- Micro Sleep
- Weakened Immune Response
- Weight Gain
- High Blood Pressure
- Impaired Brain Activity
  - Cognitive Dysfunction
  - Moodiness
  - Depression
  - Accident Prone
  - Cold and Flu
  - Type 2 Diabetes
  - Heart Disease
## Positive Effects of Quality Sleep

<table>
<thead>
<tr>
<th>Academic/Career</th>
<th>Physical Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased Decision-Making</td>
<td>Increased Alertness</td>
</tr>
<tr>
<td>Heightened Concentration</td>
<td>Greater Reaction Time</td>
</tr>
<tr>
<td>Increased Memory Formation</td>
<td>Greater Motor Coordination</td>
</tr>
<tr>
<td>Increased Perception</td>
<td>Increased Immune System Function</td>
</tr>
<tr>
<td>Capacity for Abstract Thinking</td>
<td>Greater bone, muscle, &amp; tissue repair</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emotional/Psychological</th>
<th>Relationships/Dating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Resistance to Panic Attacks</td>
<td>Increased Sexual Capacity</td>
</tr>
<tr>
<td>Greater Resistance to Depression</td>
<td>Higher Desire to be Active</td>
</tr>
<tr>
<td>Less Anger/Irritability</td>
<td>Improved Relational Decision-Making</td>
</tr>
<tr>
<td>Improved Stress-Management</td>
<td>Increased Positive Communication</td>
</tr>
<tr>
<td>Improved Overall Mood Stability</td>
<td>Overall Relationship Satisfaction</td>
</tr>
</tbody>
</table>

### Establishing a Sleep Ritual

A sleep ritual is a routine that helps your mind and body wind down in preparation for a good night’s sleep. A vital aspect is individually tailoring a sleep ritual that truly helps you relax and feel naturally ready for sleep. Here are key factors to establishing an effective sleep ritual.

### Factors Enhancing Quality Sleep
- Regularity of Bed Time and Wake Time
- Relaxation Routine (hot bath, reading, music)
- Sleep Conducive Environment (dark, quiet, cool)
- Comfort (mattress, pillow, blanket)
- Regular Exercise (finish well before bedtime)
- Belief in Importance of Good Sleep

### Factors Combatting Quality Sleep
- Eating 1-2 hours before bed
- Caffeine/Stimulants Close to Bedtime
- Nicotine Close to Bedtime
- Alcohol Usage Close to Bedtime
- Frequent and Long Naps, Relaxing in Bed
- Computer, Cell Phone, TV, Roommate(s)

Mindful of the factors above, create a sleep ritual that is tailored to your environment, your schedule, and the factors that help you naturally fall asleep.

---

www.uhs.uga.edu
\lsdesctst\sdes.ucf.edu\mydocs\ch565820\My Documents\Sleep Workshop.doc
Keeping a Sleep Diary (National Sleep Foundation 2004)

A sleep diary can help you evaluate your sleep over time. Charting sleep patterns help you see the role of timing, bodily intake, and mood on quality and quantity of sleep.

Levels of Sleepiness Table

In the following table below, rate your level of sleepiness using the following scale:

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning 6am-12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afternoon 12pm-6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening 6pm-12am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Night 12am-6am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Difficulty Staying Awake Table

In the following table below, rate your difficulty staying awake using the following scale:

<table>
<thead>
<tr>
<th>Task</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>I fought off/ignored a need</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I dozed off/ignored a need</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I needed caffeine or a stimulant to stay awake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sleep Quantity

In the table below, record the total amount of sleep you are getting:

<table>
<thead>
<tr>
<th>Hours/Minutes Sleeping</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours/Minutes Napping</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What patterns do you notice in your sleep?

www.uhs.uga.edu
\\sdesc\11sdes.uch.edu\\mydocuments\\h165820\My Documents\Sleep Workshop.doc