



Good Habits for Better Sleep

Mayo Clinic Center for Sleep Medicine

Identifying Factors Affecting Your Sleep

It is important to identify sleep habits contributing to your sleep difficulties and begin to create a plan to address these. Mark the box of the factor(s) that may be affecting you and write down the information requested.

Your general health

Any health conditions (such as allergies, pain, hormonal changes)

Lifestyle

Lifestyle habits that may disrupt sleep (such as poor diet, smoking, alcohol)

Psychological problems

Any psychological problems (such as depression, anxiety)

Trauma or abuse

Recent trauma (such as being hurt in a car accident) or physical/verbal abuse

Personality type

Your personality style (such as perfectionist, doing everything)

Stress

Things that cause stress in your life (such as working three jobs, children)

Medication or substances such as alcohol, nicotine or caffeine

Reactions to medications or withdrawal symptoms

Sleep disorders

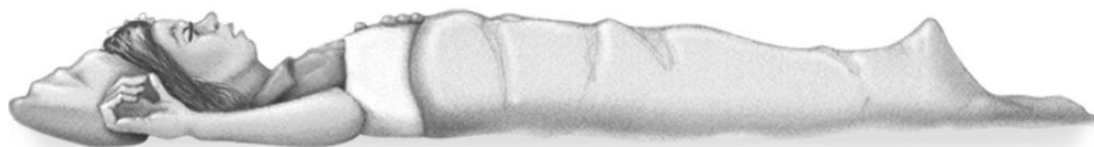
Do you (or your bed partner) suffer from a sleep disorder (such as restless leg syndrome, narcolepsy, obstructive sleep apnea)?

Bedroom environment

Poor sleep habits (such as spending too much time in bed or napping)

Keeping track of time spent in bed

Some of the columns in the graph below are shaded to show time spent in bed or lying down.



This graph is an example of how you might record your own time spent in bed.

	7am	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12am	1	2	3	4	5	6	
Mon																									
Tues																									
Wed																									
Thur																									
Fri																									
Sat																									
Sun																									

Can you identify some potential problem areas in this sleep graph example?

Sleep problem areas identified from previous graph:

- ★- Napping in evening before bed
- z - Irregular bedtime and wake time
- / - More than 8 hours spent in bed

	7am	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12am	1	2	3	4	5	6	
Mon													★	★	★			zz							
Tues																	zz								
Wed	zzz												★	★											
Thur				zzz															zz						
Fri																				zz	/	/	/	/	/
Sat	/	/	/	/	zz															zz	/	/	/	/	/
Sun	/	/	/															zzz							

Keeping track of time spent in bed

Use the columns in the next two graphs to help you keep track of how much time you spend in bed and your sleep patterns. Each graph represents a week. Shade in the time you spend in bed or sleeping.

	7am	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12am	1	2	3	4	5	6	
Mon																									
Tues																									
Wed																									
Thur																									
Fri																									
Sat																									
Sun																									

	7am	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12am	1	2	3	4	5	6	
Mon																									
Tues																									
Wed																									
Thur																									
Fri																									
Sat																									
Sun																									

My Action Plan for Developing Good Sleep Habits

It has been shown that by focusing on three core concepts a person can improve his or her sleep. The key concepts usually are:

- Setting a regular sleep pattern (such as, going to bed at the same time every night and getting up at the same time every day).
- Removing the clock from the bedroom.
- Getting out of bed when you cannot sleep.

Your action plan for better sleep habits

My planned bedtime:

My planned wake time:

Factors affecting my sleep	Action plan
<p>Example: <i>“I watch the clock and feel anxious when I cannot sleep.”</i></p>	<p>Move alarm clock out of sight so it cannot be seen. Take battery out of a clock that chimes.</p>

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.