



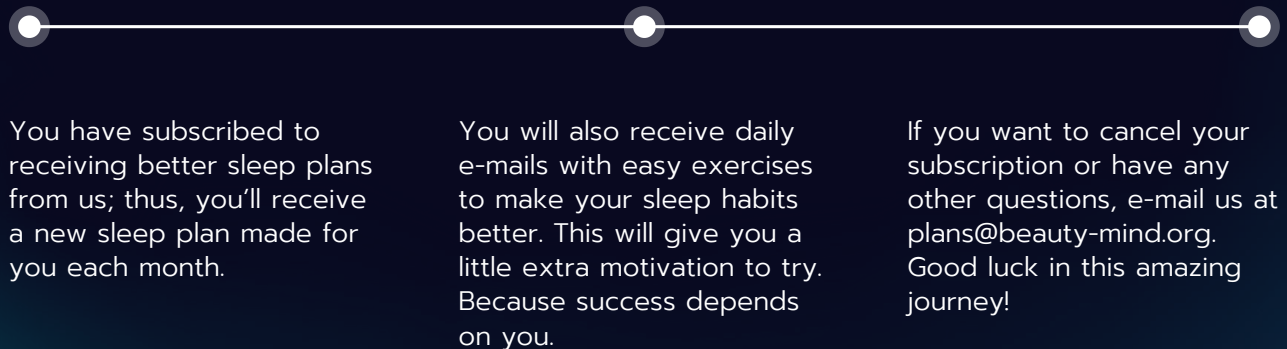
Better Sleep

Your 1st Month Plan

You've finally reached a tipping point. After another night of tossing and turning, a morning of struggling to get out of bed, and a day of battling drowsiness and tiredness, you are determined to sleep better and overcome your insomnia. This may be a major and life-changing goal, but it can also be a bit scary if you don't have a strategy in place. Where do you even start? Fortunately, there are a number of particular adjustments you may do to improve your sleep. Set aside the next 30 days to think about how to start putting this advise into action. You'll realize that you can sleep in your dreams.

We're glad that you're here though. Our goal is that you finally get a good night's sleep. Are you ready to start?

Practical Tips on the Way:



Making a Dedicated Effort to Improve Your Sleep

Before embarking on this road of personal development, you need honestly evaluate your degree of commitment. Are you willing to make some difficult decisions? Is this a good moment in your life to prioritize your sleep and establish appropriate boundaries? Can you see this through to the end?

If your life is in shambles, now may not be the best time to concentrate on your sleep. But, if you're ready and prepared to make adjustments to enhance your sleep, there's no better time than now.

Don't shortchange yourself in this process by skipping some of the difficult tasks. Your prize will arrive in due time, and your patience and dedication will be rewarded.

Quick Tips to Get Proper Sleep

Before we start with our journey here are some quick tips for you.

Did you try them all out? If not, you'll sure do it in the next 30 days! Breathing-based meditation is the most well-known kind of self-guided mindfulness meditation.

01

During the day, spend time outdoors in the sun. During the day, exposing your body to natural light may aid in the maintenance of a healthy circadian rhythm.

02

Throughout the day, exercise or move your body. It's a good idea to do at least one exercise or movement session each day to enhance your sleep quality.

03

Rest for no more than 20-30 minutes at a time. Napping has its advantages. If you sleep for more than 30 minutes, though, you may find yourself wide awake when it's time to go to bed.

04

Before going to bed, stay away from stimulants and certain meals. Foods that induce indigestion or stomach discomfort, as well as caffeine, nicotine, or alcohol before bed, may disrupt your sleep.

05

One hour before bedtime, limit your screen usage. Blue light from TVs, phones, and other electronic gadgets may disrupt the hormones that help you fall asleep.

06

Create a relaxing atmosphere in your bedroom. You may improve your sleep by purchasing a high-quality mattress, pillow, blanket, and other soothing bedroom accessories.

07

Slowly incorporating these suggestions may significantly enhance your sleep quality. However, if you're still having difficulty falling or staying asleep, you should see a doctor to explore your alternatives.



How to Get a Better Night's Sleep in 30 Days

The stages below are arranged to give you with direction and assistance as you work to improve your sleep. It may be completed in a month's time, with new duties given to each of the 30 days. Major changes in the schedule are spread out to give previous tasks the time they need to take effect. For example, once the suggestion to fix your waking time is in place, the majority of the first week focuses on enhancing your sleep environment—but part of the groundwork built via self-reflection this week will offer a basis later on. Similarly, establishing a calming buffer zone and going to bed when you're tired, as suggested later, may require some work, but adjusting your drug usage may be simpler.

In various circumstances and for different individuals, there are suggestions that will be beneficial and corrective. Some of the subjects won't apply to your circumstance (such as quitting smoking if you are already a non-smoker.)

The last section of this strategy is intended to tie up any loose ends, such as circumstances that may interfere with sleep. It's possible that additional problems are at play if the early adjustments haven't proved to be successful or meaningful. If your efforts aren't rewarded in the end, you may want to talk to a sleep doctor who can provide you the one-on-one help you need to conquer any lingering issues. Although this advice is useful for everyone, tailoring it to your own requirements may make it priceless.



Implementing the Sleep Improvement Plan

You may enhance your sleep by taking one step each day. Here are some ideas for things to do each day for the next 30 days. It's not essential for everything to happen in the same order: you may need to spend more time on one job than another, or you might be able to skip through suggestions that are irrelevant to you. Personalize the strategy as much as possible to meet your requirements and circumstances and allow for some flexibility in the process.

Whatever you do, don't give up. Your reward will be increased energy and function throughout the day, as well as a better night's sleep. The objective is well worth your time and work, and you should be congratulated for sticking with it.

DAY 1

Every day, get up at the same hour. Begin by establishing a regular sleep pattern. This wake-up time will be the same on weekdays, weekends, and days off, so choose the ideal time for you.

DAY 2

The light from your phone or television makes it more difficult to relax and fall asleep. To give your brain (and body) the greatest opportunity for decent sleep, turn off your gadgets or anything else is keeping you awake at least one hour before bedtime tonight.

DAY 3

Keep your dogs out of your room. While your dogs may like sleeping with you, their behavior and dander may lead to sleep issues.

DAY 4

Determine your sleep requirements. You may need the standard eight hours of sleep, or you may function better with more or less. Find out what you really need.

DAY 5

Get enough sleep at the appropriate time. Some individuals thrive on the "early to bed, early to wake" philosophy, while others are natural night owls. Working with your natural rhythms can benefit you.

DAY 6

Pay off your sleep debt on day six. If you haven't gotten enough sleep recently, now is the time to make up for lost time. You may get more sleep, nap more, and learn how to use caffeine responsibly.

DAY 7

Understand the difference between tiredness and drowsiness. You may not know that there are significant distinctions that might aid in identifying and treating insomnia's causes.

DAY 8

Only go to bed when you're tired. If you go to bed when your body is ready, rather than when the clock says, you will have an easier time falling asleep and sleeping through the night. In addition, getting some exercise throughout the day may make hitting the sheets a lot easier later. According to a research, individuals who exercised 150 minutes per week at moderate to high intensity slept better. Make it a point to go for a walk — or any other kind of exercise — today and every day.

DAY 9

Use sleep routines to create a calming buffer zone. Prepare your body for sleep by engaging in calm activities.

DAY 10

Do you prefer an iced coffee in the afternoon or a glass of wine with dinner? Some individuals can handle both without it having a significant impact on their sleep. If you're having trouble staying awake throughout the day, keep note of what you drink in your sleep diary this week. Caffeinated beverages, such as coffee, and energy drinks, should be avoided a few hours before sleep, and alcohol, which has a calming effect but may lead you to wake up in the middle of the night, should be avoided as well.

DAY 11

Eliminate caffeine from your diet. Caffeine should be avoided for four to six hours before sleep for most individuals. Instead have a cup of herbal tea in the evening. That's true! Even something as basic as a warm cup of herbal tea may help you sleep better. These behaviors communicate to our brains that it's time to start winding down and that sleep is on the way. A warm cup of tea may also help you avoid cravings for sugary foods or sweets after supper, which are bad for your sleep.

DAY 12

Quit smoking and get some sleep. Smoking affects your sleep in a variety of ways. Nicotine is a stimulating substance. Because it is addictive, nicotine cravings may cause you to wake up. Snoring and sleep apnea can be caused by the respiratory effects.

DAY 13

Exercise at the appropriate times. Exercise may help you sleep better, but it's not a good idea to do it immediately before bed.

DAY 14

Reduce the number of times you go to the restroom to pee. Sleep may be disrupted by a full bladder. Learn what circumstances may cause you to need to get up in the middle of the night.

DAY 15

Don't eat late at night if you don't want to have heartburn. Not only may nocturnal heartburn make it difficult to sleep, but it may also offer greater health hazards than acid reflux during the day. Learn how to avoid it by eating a lighter evening meal, eating earlier in the day, and avoiding snacking. Sleeping on an inclination with your head and shoulders may also assist.

DAY 16

Don't stay up late at night. If you can't fall asleep in 15 to 20 minutes, get out of bed and do something soothing until you're ready to sleep.

DAY 17

Use relaxation methods to manage your tension. If you have difficulty sleeping because of stress, you'll need to use strategies like scheduling your worrying time and practicing relaxation techniques.

DAY 18

Make a list to calm a rushing mind. If you can't sleep because your mind are racing, adopt a strategy like creating a list to get some activity and then relax.

DAY 19

Rather of attempting to sleep, shift your attention to relax. It's possible that you have a habit of waking up early or in the middle of the night. It's possible that you'll need to prioritize rest above sleep.

DAY 20

Avoid taking naps. If you nap throughout the day and don't feel tired when it's time to go to bed, it may lead to insomnia at night.

DAY 21

Limit your time in bed and sleep more deeply. Only go to bed if you're tired.

DAY 22

Take care of any underlying mood problems, such as anxiety and sadness. Sleep deprivation may be a sign of a mental illness. Getting a diagnosis and the right therapy may help you sleep better and live a better life.

DAY 23

Sleep apnea is caused by snoring and drowsiness. You may have sleep apnea if you snore and are sleepy throughout the day. It is possible to enhance your life by treating this illness.

DAY 24

Calm your agitated legs. This is a frequent ailment that may keep you awake at night.

DAY 25

Concentrate on losing weight. Obesity increases the chances of sleep apnea and restless legs. Meanwhile, not getting enough sleep may lead to weight gain or inability to reduce weight. It's a vicious circle that has to be broken.

DAY 26

Allow yourself to be exposed to morning sunshine. Some sleep phase disorders may be helped by morning sun exposure or utilizing a light box. Getting outdoors in natural light during the first hour of waking may help you get back on track with your sleep pattern.

DAY 27

Get rid of the alarm clock on day 27. It's all too simple to hit the snooze button.

DAY 28

Think about if you're sleeping too much. Daytime drowsiness may be caused by sleep apnea, narcolepsy, and what you eat and drink.

DAY 29

Prioritize your sleep. Now that you've examined a variety of variables that influence your sleep, you can focus on altering the ones that you can.

DAY 30

Make an appointment with a sleep specialist. It's time to undergo a sleep study if you're still having trouble sleeping or think you have a disorder like sleep apnea.



Still Struggling?

If you're still struggling to sleep better, we've saved the best for last. Here are some suggestions from our other students, who made this journey a bit before you. They are carefully selected and checked through with our sleep expert team.

Creating a Sleep-Inducing Environment in Your Bedroom

Making your bedroom a comfortable and relaxing environment is an important advice for falling asleep fast and effortlessly. Though this may seem self-evident, it is often neglected, resulting in difficulty falling asleep and sleeping through the night.

Focus on increasing comfort and reducing distractions while creating your sleeping environment, using the following guidelines:

01

Use a High-Performance Mattress and Pillow: A good mattress is essential for ensuring that you are comfortable enough to unwind. It also guarantees that, in conjunction with your pillow, your spine receives enough support to prevent aches and pains.

02

Select High-Quality Bedding: Your sheets and blankets play an important part in making your bed feel welcoming. Look for bedding that is soft to the touch and helps to keep a consistent temperature throughout the night.

03

Light Disruption Should Be Avoided: Excessive light may disrupt your sleep and circadian cycle. Blackout curtains for your windows or a sleep mask for your eyes may filter light and keep it from disrupting your sleep.

04

Cultivate Calm and Peace: Noise reduction is an essential component of creating a sleep-friendly bedroom. If you can't get rid of the noise, try using a fan or a white noise generator to drown it out. Another method for blocking out unpleasant noises while sleeping is to use earplugs or headphones.

05

Find a Comfortable Temperature: You don't want your bedroom temperature to be a source of distraction by making you feel excessively hot or chilly. Although the optimum temperature varies from person to person, most research suggests sleeping in a room that is about 65 degrees.

06

Introduce Relaxing Aromas: A mild, soothing fragrance may assist you in falling asleep. Essential oils with natural scents, like as lavender⁵, can give your bedroom a relaxing and refreshing scent.

Making the Most of Your Sleep Schedule

Taking charge of your sleep pattern on a daily basis is a significant step toward healthier sleep. Try following these four techniques to start using your schedule to your advantage:

01

Set a Consistent Wake-Up Time: If you're continually waking up at various times, it's almost difficult for your body to adjust to a healthy sleep pattern. Set an alarm for yourself and stick to it, especially on weekends or other days when you may be tempted to sleep in.

02

Make Sleep Time a Priority: If you want to ensure that you receive the necessary amount of sleep each night, you should plan it into your routine. Working backwards from your set wake-up time, choose a target bedtime. Allow yourself additional time before bed to wind down and prepare for sleep whenever feasible.

04

Take Care With Your Naps: It's essential to be cautious with naps if you want to sleep well at night. If you nap for too long or too late in the day, you may disrupt your sleep pattern and find it difficult to fall asleep when you need to. The optimum time to sleep is soon after lunch in the early afternoon, and a 20-minute nap is ideal.

05

Gradually adjust your schedule: When changing your sleep pattern, it's preferable to do it gradually and incrementally, with a maximum variation of 1-2 hours each night. This enables your body to adjust to the changes, making it easier to stick to your new routine.

Creating a Bedtime Routine

It's easy to believe that the issue begins when you lay down in bed if you have trouble falling asleep. However, the period leading up to night is critical in preparing you to fall asleep fast and easily.

Insomnia and other sleep issues are often caused by poor pre-bed routines. It takes time to change these habits, but the work may pay off by helping you feel more calm and ready to fall asleep when night arrives.

Try to establish a regular nighttime routine as much as possible, since this helps to perpetuate good behaviors and signals to the mind and body that sleep is coming. Include the following three suggestions as part of your daily routine:

01

Relax for at least 30 minutes: It's much simpler to fall asleep peacefully if you're relaxed. Relaxation exercises, quiet reading, low-impact stretching, listening to calming music, and other activities may help you get into the proper frame of mind for sleep.

02

Reduce Bright Light: Avoiding bright light may aid in the transition to nighttime and help your body produce melatonin, a sleep-promoting hormone.

03

Disconnect from electronic devices: Tablets, phones, and computers may keep your mind occupied, making it difficult to fully unwind. The light from these gadgets may potentially interfere with your normal melatonin synthesis. Try to disconnect for 30 minutes or more before going to bed, if at all feasible.

Developing Sleep-Friendly Habits During the Day

Setting the stage for a good night's sleep takes all day. A few simple actions taken during the day may help you get a better night's sleep.

01

See the Light of Day: Light exposure regulates our internal clocks⁸. Sunlight has the most powerful effect⁹, so go outdoors or open your windows or curtains to let in some natural light. Early morning exposure to sunshine may aid in the normalization of your circadian rhythm. If you can't get enough natural light, speak to your doctor about utilizing a light treatment box.

02

Make Time to Exercise: Daily exercise offers many health advantages, and the changes it causes in energy usage and body temperature may help you sleep better. Most experts recommend avoiding strenuous activity just before night since it may interfere with your body's ability to properly calm down before sleeping.

03

Caffeine Intake Should Be Monitored: Caffeinated beverages, such as coffee, tea, and sodas, are among the most widely consumed beverages on the planet. Some individuals are tempted to utilize caffeine's rush of energy to combat daytime drowsiness, but this isn't a sustainable strategy and may lead to long-term sleep deprivation. To prevent this, keep a close watch on your caffeine consumption and avoid it later in the day when it may interfere with sleeping.

04

Be Wary of Alcohol: Because alcohol may make you sleepy, some individuals enjoy a nightcap before bed. Unfortunately, alcohol has an effect on the brain that may reduce sleep quality, so it's best to avoid alcohol in the hours leading up to bedtime.

05

Don't Eat Too Late: Falling asleep may be difficult if your body is still digesting a large meal. Prevent late meals and limit particularly fatty or spicy foods to avoid sleep disturbances caused by food. If you need something to eat in the evening, go for something light and nutritious.

06

Don't Smoke: Smoking, particularly secondhand smoke, has been linked to a variety of sleeping issues¹⁰, such as trouble falling asleep and interrupted sleep.

07

If you have a nice bed, you may be tempted to stay in it while performing a variety of things, but this may really create difficulties when it's time to go to bed. Keep activities in your bed restricted to sleep and sex if you want to create a strong mental connection between your bed and sleep.

If You Still Can't Fall Asleep

01

You may find it difficult to fall asleep when you first go into bed or when you wake up in the middle of the night. These suggestions can help you figure out what to do if you can't sleep:

02

Try Relaxation Techniques: Instead than concentrating on falling asleep, concentrate on relaxing. Relaxation techniques such as controlled breathing, mindfulness meditation, progressive muscle relaxation, and guided imagery are examples of sleep aids.

03

Don't Stew in Bed: You don't want to make a mental link between your bed and your insomnia irritation. This implies that if you haven't been able to go asleep after around 20 minutes in bed, get out of bed and do something soothing in low light. During this period, avoid checking the clock. Before going back to bed, try to divert your attention away from sleep for at least a few minutes.

04

Experiment using a variety of techniques: Sleep issues are complicated, and what works for one person may not work for another. As a consequence, it's a good idea to experiment with various methods to discover what works best for you. Just keep in mind that new techniques may take some time to take effect, so give them some time before concluding that they aren't working for you.

05

Keep a Sleep Diary: Keeping a sleep journal on a regular basis may help you keep track of how well you're sleeping and discover variables that may be aiding or hindering your sleep. If you're experimenting with a new sleep schedule or other sleep hygiene modifications, keeping a sleep journal may help you track how well they're working.

06

Consult a Doctor: A doctor is the ideal person to provide comprehensive advice to individuals who are having severe sleeping problems. If your sleep difficulties are worsening, continuing over time, impacting your health and safety (such as from excessive daytime drowsiness), or occur with other unexplained health concerns, see your doctor.

But, what's next? What happens after this month?

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It's simple: if you like the way these practices makes you feel, keep doing it! This way you will build a little habit that will fit in your daily routine easily.

What if, after 30 days, you still can't fall asleep even a little better? Don't give up just yet - consider experimenting with various kinds of meditation. We'll help you with that in your next month's challenge!

Good luck!

Sleep Sheep Team

