

# **SLEEP IS MY SUPER POWER!**



**PARTICIPANT WORKBOOK**

## KNOWLEDGE IS POWER...*but only when applied!*

For the benefit it will provide, that is, add life to your years and years to your life, you're strongly encouraged to absorb and complete all the information asked for in this workbook. Then, armed with what you know, act immediately on participating in and completing the 14-Day Superpower Sleep Challenge located on the last page of this Workbook.

### SLEEPINESS ASSESSMENT

(Circle A or B)

1. In the past two weeks, have you unintentionally fallen asleep during the day?  
A. 0-1 times  
B. 2 or more times
2. In the past two weeks, have you unintentionally fallen asleep in a public place?  
A. 0-1 times  
B. 2 or more times
3. In the past two weeks, have you nodded off or fallen asleep while behind the wheel of a car?  
A. Never  
B. Once or more
4. In the past two weeks, how many days did you get the sleep you needed to feel your best the following day?  
A. Almost every day or most days  
B. Less than half the time
5. In the past two weeks, have friends, family, or coworkers told you that you look sleepy?  
A. No  
B. Yes
6. In the past two weeks, have you felt so sleepy that you required a nap?  
A. No  
B. Yes

Give Yourself 1 Point for Each Question You Answered B: \_\_\_\_\_

If you scored between 0 and 2 points, **YOU FALL IN THE NORMAL RANGE OF SLEEPINESS.**

If you scored 3 or 4 points, **YOU ARE SLEEPY.** You should consider whether you are getting adequate sleep or need to improve your sleep hygiene.

If your score is a 5 or 6, **YOU ARE VERY SLEEPY.** You may want to talk to a doctor, particularly if you believe that your sleep is impeding your daily functions or if you are worried about an inability to control your sleepiness.

# EPWORTH SLEEPINESS ASSESSMENT

Over the course of the last two Weeks, indicate how likely are you to nod off or fall asleep in the following situations. Use the following scale to choose the most appropriate number for each situation.

	Would Never 0	Slight Chance 1	Moderate Chance 2	High Chance 3
<b>Sitting and reading</b>				
<b>Watching TV</b>				
<b>Sitting, inactive</b> , in a public place (e.g., in a meeting, theater, or dinner event)				
<b>As a passenger in a car</b> for an hour or more without stopping for a break				
<b>Lying down to rest</b> when circumstances permit				
<b>Sitting and talking</b> to someone				
<b>Sitting quietly</b> after a meal without alcohol				
<b>In a car, while stopped</b> for a few minutes in traffic or at a light				

**Add Up Your Points to Get Your Total Score: \_\_\_\_\_**

- Normal score is 10 or less.
- 11-12, you are as sleepy as someone who has sleep apnea (*a disorder characterized by hundreds of nighttime sleep disturbances from breathing difficulties*).
- 17-18 you're in the same boat as severely sleepy people, like narcoleptics (*who uncontrollably may fall asleep no matter what they are doing*).

## NOTE:

Anyone with a score of 10 or greater is strongly encouraged to identify what might be causing their sleepiness and to take corrective actions immediately.

Anyone with a score of 18 or higher is strongly encouraged to inform their provider and to prioritize maximizing their sleep hygiene improvement efforts.

## CHRONOTYPE QUIZ

**Are You a Lion, Bear, Wolf, or Dolphin?**

Take quiz at <https://sleepdoctor.com/sleep-quizzes/character-quiz/>

**EVERYONE, REGARDLESS OF SCORE ON THESE ASSESSMENTS, IS HIGHLY ENCOURAGED TO PARTICIPATE IN OUR “14-DAY SUPERPOWER SLEEP CHALLENGE” AND TO OBTAIN MORE EDUCATIONAL MATERIAL ON SLEEP, SLEEP PRODUCTS, SLEEP HABITS & SLEEP DISORDERS, BY VISITING THE SLEEP FOUNDATION WEBSITE AT:**

<https://sleepfoundation.org>

## **SLEEP STRATEGY CATEGORIES**

### **CATEGORY A**

#### **CREATE A**

#### **“SLEEP-INDUCING BEDROOM”**

*(One-time actions)*

*(Check mark each one you believe may be helpful for you to do)*

- ~ Get a more comfortable/cooling mattress.
- ~ Get a cooling mattress topper.
- ~ Get a more comfortable/cooling pillowcase.
- ~ Get more comfortable/cooling bed sheets.
- ~ Get a weighted blanket...proven to be very beneficial for most individuals suffering from PTSD and/or general stress and anxiety).
- ~ Set bedroom temperature lower (Aim for temp between 65-68)
- ~ Get an air conditioner.
- ~ Get a ceiling fan.
- ~ Get a humidifier and/or de-humidifier.
- ~ Get an air filtration machine.
- ~ Get blackout curtains/blinds.
- ~ Dim and turn alarm clock away from bed.
- ~ Dim your T.V.
- ~ If you have a habit of falling asleep with the T.V on, starting using the sleep timer on the T.V. and/or get a new T.V. with that feature.
- ~ Get a dimmable side table lamp rather than always turning on the brighter bedroom light.
- ~ Remove anything within earshot that is distracting you from falling asleep or causes you to wake during the night (Chiming Grandfather clock, loud clicking clock on the wall, move pets into other rooms, etc.).
- ~ Address how to deal with snoring, whether it's you or your bed partner, by clicking on “Snoring” found under “Understand Your Sleep” at <https://sleepfoundation.org>.
- ~ Get a white, pink, or brown noise machine that masks louder disturbing noises and lulls you into Sleep. (Check which color may be best for you by watching “white, pink, and brown noise explained” at [www.youtube.com](http://www.youtube.com))
- ~ Get a good comfortable pair of earplugs. Type “Earplugs” in search bar at <https://sleepfoundation.org>.
- ~ Create a “Do Not Disturb” schedule in your phone/devices for your sleeping hours.
- ~ Consider removing T.V./ work desk/gaming station/hobby table from room (Use room for sleep/sex only. This creates a stronger association/conditioning that the room is only for those two things, and it better prepares you to fall asleep).
- ~ Get any furniture necessary to better organize the room (Avoid mess and clutter in your bedroom as it distracts the mind from relaxing).
- ~ Get a scent dispenser (Lavender, rose, chamomile help promote relaxation).
- ~ Redecorate your bedroom (Use colors light blue, light green, light pink, beige, white) (Avoid red, dark purple, dark brown, black, orange).
- ~ Get a Sleep Tracking Device. Type “Best Sleep Devices” in search bar at <https://sleepfoundation.org>

## CATEGORY B

### EXECUTE

### **“BENEFICAL WAKEFUL HOUR HABITS”**

(Check mark each one you're currently “not” doing)

- ~ Get between 10-30 minutes of direct sunlight exposure daily.
- ~ Get more artificial light exposure throughout the entire day up to approximately 9 p.m. when your body starts to release Melatonin.
- ~ Use light box therapy. Learn more by Searching “Light Therapy” at <https://sleepfoundation.org>.)
- ~ Do not consume more than 400 milligrams of Caffeine throughout the day.
- ~ Avoid caffeine of any amount within 8 hours prior of bedtime.
- ~ Get daily physical activity (Exercise, chores, stairs rather than elevator, parking farther away, standing at work desk rather than sitting, even taking short walk breaks...it all makes a big difference in producing Adenosine in your body to help you fall asleep, stay asleep, and get deeper sleep).
- ~ Drink and eat something rather than nothing every 3 hours of the day to stay hydrated as well as nourished. *(Dehydration followed by low blood sugar are the two biggest triggers for daytime fatigue. Aim for drinking fluid ounces equivalent to ½ your body weight).*
- ~ Follow the Mediterranean Diet more closely *(More fruits/vegetables and less fat meat is proven to improve sleep).*
- ~ Practice stress management/emotional control techniques throughout the day.
- ~ Avoid bringing work home with you.
- ~ Before leaving work, perform a “Work Dump” of writing down work concerns on your mind.

## CATEGORY C

### EXECUTE A

### **“PRE-BEDTIME 3, 2, 1, ROUTINE”**

(Check mark each one you're currently “not” doing)

- ~ 3 hours prior, avoid alcohol, heavy conversations, strenuous exercise, and heavy fatty or spicy meals.
- ~ 2 hours prior, avoid fluid consumption (Except for very small amount if having light snack 1 hour prior or when taking any necessary nighttime meds).
- ~ 2 hours prior, avoid nicotine as it's a stimulant.
- ~ 2 Hours prior, consider performing a “Mind Dump” of writing down any stressing concerns you have.
- ~ 1 hour prior, turn off unnecessary lights and dim if able any necessary lights.
- ~ 1 hour prior, consider avoiding screen time from any device and/or at least wear “Blue Light Blocking Glasses” for any screen time you have. (Some devices have settings within them sometimes called “Night Shift”).
- ~ 1 hour prior, turn thermostat down between 65-68 degrees, if not already there.
- ~ 1 hour prior, consider eating a light snack but only if you know you're hungry (Nuts) (Turkey on Whole Grain Cracker or Bread) (Kiwi/Sour Cherries) (Milk/Malted Milk) (Avoid sweets, spicy or fatty foods).
- ~ Within last hour, consider performing Progressive Muscle Relaxation/Light Stretching/Bedtime Yoga routine.
- ~ Within last hour, consider taking a warm bath/shower/use hot tub (It's relaxing plus your body will go into over-drive to cool your body temperature down which helps promotes sleep).
- ~ Within last hour, listen to soothing music, read something light, color, journal, meditate (non-stimulating).

# CATEGORY D

## EXECUTE A

### “BEDTIME ROUTINE”

(Check mark each one you’re currently “not” doing)

- ~ Go to bed at a time that allows you the opportunity to get at least 8 hours of sleep.
- ~ Go to bed within plus or minus 15 minutes of the same time nightly.
- ~ Empty your bladder just before crawling into bed, even if you did just 5-10 minutes prior.
- ~ Put on socks in case your feet are cold.
- ~ Ensure other clothing and bed coverage minimizes chance of being too hot or too cold.
- ~ Address noise: (Wear earplugs, place towel under door, kennel your pets, set sleep timer on television, etc.).
- ~ Address darkness: (Wear eye mask, ensure shades/blinds pulled tight, etc.).
- ~ As soon as you climb into bed, do not let your mind wander all over the place (It will tend to focus on worries).

Rather, take control of your thoughts by executing anyone of these three specific exercises and/or all three:

**Gratitude Exercise:** Starting with the morning, replay your day in your mind stopping only when you remember something good you did or something that went well for you and say the words “Today, I’m Glad That \_\_\_\_\_.” Answer the question each time something pops into your memory. If you happen to recall something that didn’t go well, immediately say “Oh Well!” and let it go. Then, pull your mind back to searching for the good. This exercise of course may be included as part of bed-time prayer.

**Deep Breathing Exercise:** Take slightly deeper breathes than normal, feeling your stomach rise, not your chest, with each breathe taken. Follow this with concentration on relaxing the entire body as you exhale slowly. As you start sinking into your bed feeling more relaxed, lessen the depth of your breathing. Keep your mind on your breathing and the relaxation of any muscle tension you feel with every exhale. Note\* If your mind wanders, which is very normal and likely when you first start this practice, simply bring your mind back to the feeling of your relaxed breathing and relaxed body. Continue this until asleep and/or consider following it with this practice.

**Guided Imagery Exercise:** Starting at 20, as your normal breath is taken, say the number in your mind and try to picture the number within the blackness under your eyelids and try to see it fade away as your normal breath is exhaled. Upon your next breath, repeat with the number 19, then 18, etc. Note\* If your mind wanders, which is very normal and likely when you first start this practice, simply bring your mind back to the numbering. Note\* If you catch yourself losing track of what number you are at, guess what, the exercise is working. This means you are starting to nod off. When this happens, simply return to the exercise with whatever number you last remember and/or start over at 20. If you make it all the way down to 0, don’t get upset, simply start over. If you make it all the way down to 0 two or three times, again, don’t get upset. Simply accept the fact that for whatever reason, your body is informing you that it’s not ready to sleep yet. In this case, get out of bed, go to another room, keep it dim or dark and do something else that is not stimulating. Return to bed only after such time you start to feel groggy.

## SHIFT WORK CONSIDERATIONS

Shift work creates a misalignment between your internal body clock (circadian rhythm) and the outside world. When this happens, your body’s timekeeper sends signals that conflict with activities that you’re trying to do. For example, your body will secrete drowsy-making chemicals when you’re working **and** will alert you to be awake and eat when you’re trying to fall asleep after your shift.

**First and foremost, please be aware that:**

**SHIFT WORKERS HAVE A HEIGHTENED NEED TO EXECUTE ALL THE SLEEP HYGIENE STRATEGIES ADDRESSED IN THE CLASS AND INCLUDED IN THIS WORKBOOK.**



In addition, please be aware of the following considerations specifically for shift workers, as they can make a world of difference in improving your sleep hygiene as well as reducing risk of errors/accidents in or outside of the workplace.

### **SHIFT WORK CONSIDERATIONS:**

- \* If left up to your choice, remember that rotating from Day to Swing to Mid shift is a more natural progression that is easier on your body compared to rotating the opposite direction.
- \* When rotating from Swing to Mid shift you are highly encouraged to delay your bedtime 1 hour each night for 7 nights prior. If only given a 3-day notice before changing, delay your bedtime 2 hours each night for 3 nights. If only given 1 day notice, delay your bedtime by 4 hours the night before.
- \* If you must sleep during the day, you need to allow for more time in bed (**approximately 9 hours**) to obtain the recommended 8 hours of sleep. This extra time is needed to compensate for the sleep disruptions and disturbances caused by your shift work schedule on your circadian rhythm.
- \* Because of needing to sleep during day-light hours, you must also prioritize taking measures to create a cool, dark, comfortable, noise-reduced environment.

**Day Shift (5 a.m. – 2 p.m.):** should sleep from approximately 8 p.m. – 4 a.m.

**Swing Shift (1 p.m. – 10 p.m.):** should sleep from approximately 11 p.m. – 7 a.m.

**Mid Shift (9 p.m. – 6 a.m.):** see option 1 & 2 below.

**Mid Shift Option 1: “PREFERRED”** Should sleep **9 HOURS** from approximately (7 a.m.-4 p.m.).

**Mid Shift Option 2:** Should only be considered if family duties require staying awake after arriving home from work (Should sleep **9 HOURS** from approximately (12 noon-9 p.m.).

### **THE #1 RULE TO FOLLOW FOR MID SHIFT WORKERS:**

*Is to Stick Consistently with the Option That Best Suits You and/or You and Your Family!*

### **THE #2 RULE TO FOLLOW FOR MID SHIFT WORKERS:**

*Is to Attempt Your Very Best to Minimize Any Days That You Stray from the Option You Choose!*

## **SPECIAL CONSIDERATIONS FOR SHIFT WORK OPTION 1**

### ***“To Stay Awake at Work”***

- \* Take a nap, but for no longer than 20 minutes just before heading off to work. Consider consuming no more than 200 mg’s of caffeine immediately before taking the nap. This way when you wake up, the effect of the caffeine consumption should be kicking in to help you feel even more awake.
- \* If not taking a nap before heading off to work, take no more than 200 mg’s of caffeine as soon as you get to work. Try your absolute best not to take any more caffeine after that.
- \* Remember the power of light, physical activity, music, and standing rather than sitting, to keep you awake.
- \* Remember the power of staying hydrated and nourished throughout the duration of your work shift to negate fatigue and to avoid consuming a large amount of food in one sitting.

### ***“For After Work”***

- \* If feeling drowsy after work, take a nap, but no longer than 20 minutes in your car before leaving the property to make it home safely.
- \* Wear sunglasses on drive home if sun is out and/or rising and dim your vehicle instrument panel.
- \* Don’t turn on electronics when arriving home and try to keep home as dim/dark as possible while immediately getting ready for bed.
- \* Consider taking 5-10 mg’s of melatonin immediately upon arriving home.

# SPECIAL CONSIDERATIONS FOR SHIFT WORK OPTION 2

## *“To Stay Awake at Work”*

- \* Take 100- 200 mg’s of caffeine at the beginning of your shift and consider repeating the same dosage at approximately 4 a.m. “Do not take any additional dosage after 4 a.m.”
- \* Remember the power of light, physical activity, music, and standing rather than sitting, to keep you awake.
- \* Remember the power of staying hydrated and nourished throughout the duration of your work shift to negate fatigue and to avoid consuming a large amount of food in one sitting.

## *“For After Work”*

- \* If feeling drowsy after work, take a nap but no longer than 20 minutes in your car before leaving property to make it home safely.
- \* Avoid taking any caffeine including chocolate after work and leading up to the time you’ll be going to bed.
- \* Keep your vehicle instrument panel bright and interior lights on.
- \* When arriving home, let as much natural light in the house as possible and turn lights on. Get direct sun exposure if able and engage in activity until approximately 10:30 a.m. At 10:30 a.m., start taking the actions you check marked in the Pre-Bedtime “3,2,1,” section of this workbook but adapt it to 90, 60, and 30 min.

## **STRATEGIES TO MANAGE SHIFT WORK AND YOUR SOCIAL LIFE:**

- ~ Take time for open communication with your significant other explaining that you need sleep, just like everyone else, and that together, you may have to pick and choose what social events you attend or miss, or family obligations you take care, or they take care of.
- ~ Take time for open communication with your family members how they can contribute to helping ensure you obtain a comfortable, cool, dark, noise reduced sleeping environment.
- ~ Choose a few important events rather than overcommitting and leaving yourself feeling exhausted.
- ~ Have open communication with your children and allow them to express their feelings about your absence.
- ~ Make sure to strategically plan time that you can talk with them after school or before bedtime.
- ~ Plan a weekly activity (it can be something special or even something routine) that they can look forward to.
- ~ Keep small rituals in place, an example: place handwritten notes in their lunchbox or backpack each day.
- ~ Talk with your co-workers to learn how they handle social and family life and make sure to share ideas.

## **CONSIDERATIONS FOR SPOUSES/SIGNIFICANT OTHERS WITH DIFFERENT SLEEP SCHEDULES:**

- ~ Talk to each other about how much sleep you both need.
- ~ Examine what you are doing now and be honest with each other about what is and is not working.
- ~ Partners who are slightly out of sync (One is a classic early riser vs. a night owl) might agree to follow their own sleep schedules instead of remaining awake for the other or groggily rising out of bed early.

**Remember:** Being well-rested will help you enjoy each other’s company day in and day out!

### **RESOURCES:**

Sleep Foundation: <https://sleepfoundation.org>  
National Sleep Foundation: <https://www.thensf.org>  
American Academy of Sleep Medicine: <http://aasm.org>  
Sleep Research Society: <https://sleepresearchsociety.org>

## **RECOMMENDED MUST READ FOR INDIVIDUALS SERIOUS ABOUT IMPROVING THEIR SLEEP “Why We Sleep” by Matt Walker**

## **TAKE THE 14-DAY SUPERPOWER SLEEP CHALLENGE & FEEL GOOD IN THE PROCESS**

Improving your Sleep Hygiene requires time, effort, and persistence. All of which test our patience. Each time you accomplish any one of the 14 actions being tracked, pat yourself on the back! You’re one step closer to developing a habit that will not only improve your sleep but also your life. Feel empowered with each action you take and if an action escapes you, remember to be forgiving and flexible.

Its ok, you’re human...try, try, and try again.





# The 14 Day Superpower Sleep Challenge

## CURRENT SLEEP HYGIENE HABIT ASSESSMENT

Circle the Number of Days Each Week You Perform the Following and/or the Following Occurs

1. Go to Bed at a Time That at Least Allows You the Opportunity to Get 8 Hours of Sleep Nightly	0	1	2	3	4	5	6	7
2. Go to Bed Within Plus or Minus 15 Minutes of the Same Time Nightly	0	1	2	3	4	5	6	7
3. Perform Any Form of Physical Activity Daily, Above & Beyond Normal Necessary Daily Walking	0	1	2	3	4	5	6	7
4. Obtain Between 10-30 minutes of Direct Sunlight Exposure Daily	0	1	2	3	4	5	6	7
5. Avoid Consuming More Than 400 Milligrams of Caffeine Daily	0	1	2	3	4	5	6	7
6. Avoid Consuming Any Caffeine Within 8 Hours of Bedtime	0	1	2	3	4	5	6	7
7. Avoid Alcohol 3 Hours Prior to Bedtime	0	1	2	3	4	5	6	7
8. Avoid Nicotine 2 Hours Prior to Bedtime	0	1	2	3	4	5	6	7
9. Keep it Bright in Your Home with Natural as well as Artificial Light up to 2 Hours Prior to Bedtime than Dim Lights after That	0	1	2	3	4	5	6	7
10. Avoid Blue Light Exposure to T.V., Computer, or Phone 1 Hour Prior to Bedtime or at Least Wear Blue Light Blocking Glasses	0	1	2	3	4	5	6	7
11. Ensure Your Bedroom Temperature is Mildly Cool Around 68 Degrees Approximately When Going to Bed	0	1	2	3	4	5	6	7
12. You Do Not Wake Up During the Night Because ( <i>you're too hot/cold, you must pee, your child or pet wakes you, your partner snores, etc.</i> )	0	1	2	3	4	5	6	7
13. Ensure Your Bedroom is as Dark as Possible When Going to Bed	0	1	2	3	4	5	6	7
14. Upon Attempting to Fall Asleep, Perform Deep Breathing Exercise and/or Guided Imagery Exercise	0	1	2	3	4	5	6	7

Add up the Numbers You Circled for Your Current Sleep Hygiene Score: \_\_\_\_\_

**A+**      **A-**                      **B+**      **B-**                      **C+**      **C-**                      **D+**      **D-**  
 91-98      83-90                      75-82      68-74                      60-67      53-59                      46-52      39-45

### To Successfully Meet the Challenge:

On the Honor System, Complete the Four Initial Actions Below  
and Show Honest Effort Put into Each of the 14 Habits for 14 Days.

You May Start This Challenge Whenever You Like, but are Highly Encouraged to Start it Sooner, Rather Than Later.

### Initial Actions:

1. Ensure You've Attended or Watched "Sleep Is My Superpower" Video Recorded Class in its Entirety at our Site.
2. Complete the Assessment Above, the Two Additional Assessments and the Quiz in the Workbook.
3. From Workbook, Write Down One-Time Actions You Will Take in the Next Two Weeks to Help Create a Sleep-Inducing Bedroom:  
1<sup>st</sup> Wk. \_\_\_\_\_ 2<sup>nd</sup> Wk. \_\_\_\_\_
4. Other Than the 14 Sleep Hygiene Habits Listed, and Specifically from the Workbook **Sections A, B, C, and D**, Write Down any Other Actions You Will Take Over the Next Two Weeks: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# PARTICIPATION SHEET (All Information Is Kept Strictly Confidential)

**Rank:** \_\_\_\_\_ **First:** \_\_\_\_\_ **Last:** \_\_\_\_\_  
**Unit:** \_\_\_\_\_ **Work #:** \_\_\_\_\_ **Cell #:** \_\_\_\_\_

**Using the Habit Tracker Below,  
 Circle and Earn 1 Point for Each Day Accomplished and Total Each After 14 Days**

1. **Go to Bed at a Time That at Least Allows You the Opportunity to Get 8 hours of Sleep**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
2. **Go to Bed Within Plus or Minus 15 Minutes of the Same Time Nightly**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
3. **Perform Any Form of Physical Activity Daily, Above & Beyond Normal Necessary Daily Walking:** (Cardio Exercise, Strength Training, Short Walk Break at Work, Standing at Work Desk, Stairs Rather Than Elevator, Parking Farther Away, Leisure Walk in Evening, Outside/Inside Chores, etc.)  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
4. **Obtain Between 10-30 minutes of Direct Sunlight Exposure Daily** (Spend more time outdoors anyway possible, open blinds at home/work, sit or stand in the light coming through your windows)  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
5. **Do Not Consume More Than 400 Milligrams of Caffeine Daily**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
6. **Do Not Consume Any Caffeine Within 8 Hours of Bedtime**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
7. **Avoid Alcohol 3 Hours Prior to Bedtime**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
8. **Avoid Nicotine 2 Hours Prior to Bedtime**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
9. **Keep it Bright in Your Home with Natural as well as Artificial Light Up to 2 Hours Prior to Bedtime than Dim all Lights After That**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
10. **Avoid Blue Light Exposure to T.V., Computer, or Phone 1 Hour Prior to Bedtime or at Least Wear Blue Light Blocking Glasses**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
11. **Ensure Your Bedroom Temperature is Mildly Cool Around 68 Degrees Approximately When Going to Bed**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
12. **You Slept Without Being Awakened Specifically by** (*being too hot or cold, having to pee, child or pet, partner snoring, etc.*)  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
13. **Ensure Your Bedroom is as Dark as Possible When Going to Bed**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_
14. **Upon Attempting to Fall Asleep, Practice the Gratitude Exercise, Deep Breathing Exercise and Guided Imagery Exercise**  
 Wk 1: Day 1, 2, 3, 4, 5, 6, 7 Wk 2: Day 1, 2, 3, 4, 5, 6, 7..... \_\_\_\_\_

**Add up the Numbers You Circled for Your New Sleep Hygiene Score: \_\_\_\_\_**

**My Initial Sleep Hygiene Score was: \_\_\_\_\_**

**Retake the "Sleepiness Assessment" in the Workbook. Initial Score was: \_\_\_\_\_ New Score is: \_\_\_\_\_**

**Retake the "Epworth Sleepiness Assessment" in the Workbook. Initial Score was: \_\_\_\_\_ New Score is: \_\_\_\_\_**

**Healthy Habits Take Time to Establish and We Hope You Are Pleased with Your Improvement.  
 For the Benefit it Provides, You're Highly Encouraged to Repeat This Challenge More Than Once on Your Own.**

**To Receive Your "Sleep Is My Superpower" T-Shirt & Eye Mask, Please Scan/Send Photo of This Sheet A.S.A.P. to:  
[usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil](mailto:usaf.offutt.55-mdg.mbx.health-promotion-office@health.mil)**

**Please Indicate Your T-Shirt Size: S M L XL**