SLEEP TRACKER

As we move into Autumn our sleep/wake cycle can be impacted by the change in daylight hours. Here's a good way to track how our sleep is doing right now. Try and fill this out over a two week timescale and use it to check in on how your sleep is going.

Remember:

- Try to wake up as early as possible to catch as much natural daylight as possible- this helps our bodies regulate the amount of serotonin it needs to get through the day
- Try to go to sleep and get up at the same (ish) times each day as this helps our bodies get into a good rhythm
- Exercise during the day can really help us with our energy levels during the day and our sleep patterns at night.

Day/date	Sleep time	Wake time	Hours slept	Sleep quality 0-5	Any other notes

SLEEP TIPS

Getting a 'good' nights sleep helps us wake up feeling refreshed, clear-headed and able to pay attention, look well-rested, feel in a good mood and have enough energy to get through the day.

However, lots of things can impact our sleep and prevent us from getting the amount of sleep or quality of sleep we need. so here's a few things you can try...

TRY AND CREATE SLEEP SCHEDULE:

Go to bed and wake up at a similar time each day which will help to regulate your body clock and helps to make falling asleep easier.

RELAXING BEFORE BED TIME:

Winding your body and mind down before bed time can make it easier to fall asleep, having a relaxing bath, a hot drink, limiting screen time close to bedtime, breathing exercises, mindfulness before bed.

LOWER CAFFEINE AND SUGAR INTAKE:

Especially close to bed time as caffeine and sugar interfere with the process of falling asleep by blocking things called adenosine receptors, which is a substance in our bodies that promotes sleepiness.

AVOID NAPS:

Napping during the day can reduce your sleep drive and make it more difficult to fall asleep at night
Try making your bedroom as dark as possible, keep the room a comfortable temperature and perhaps try wearing ear plugs

IMPROVE YOUR SLEEPING ENVIRONMENT

to make sleep optimum, black out curtains, warm/fluffy blankets, wearing an eye mask, limiting light/having a night light for comfort, wearing ear plugs, keeping the room a comfortable temperature and other things that may be personally helpful to you.