

## Week 2 - Do You Sleep Enough?

Do you ever hear yourself telling others that there just aren't enough hours in the day to get done all you need to? Do you find yourself 'borrowing' from your sleep time and staying up late to get all your tasks done? Do you feel tired when you wake in the mornings rather than refreshed? Do you feel tired or sleepy during the day? If the answer to any of the above is 'yes' then you probably aren't getting enough sleep.



Our needs for sleep are all slightly different; some people get by on just a few hours each night while others need at least 8 or 9 hours sleep.

When we get the right amount of sleep we are more able to do things at our best but if we don't get enough sleep we can become tired, irritable and find it harder to deal with everyday tasks.

### The Challenge

This challenge is for you to get more sleep over the next week. Aim to go to bed at least one hour before your normal bedtime, just for one week. If you are not sure how many hours of sleep you need, aim for 8 hours and if you wake up early and still feel refreshed then reduce your target to 7 hours and so on. Even if you do not feel sleepy at your target bed time still go to bed and relax. It may take a few days to get used to a new sleep pattern. Log your hours of sleep on the worksheet overleaf. Here's a few tips to help you relax before bed.

- ➔ Have a warm bath an hour before bed
- ➔ Avoid caffeinated drinks (e.g. tea, coffee, cola) from mid afternoon onwards
- ➔ Make your bedroom as cosy as possible
- ➔ Don't work, watch TV or use the computer during the last hour before bed

### How Will it Benefit Me?

Allowing your body enough sleep to fully recover from the stresses and strains of everyday life will help you stay at your mental, emotional and physical best, which will give you a greater chance of achieving your work and personal goals. Resisting the temptation to sacrifice quality sleep time for work will benefit you hugely in the long-term.



## Week 2 - Do You Sleep Enough?

Complete the chart below as you go through the week. Note down the time you go to bed, the time you get up and how many hours of sleep you have had each night. Give your energy levels the following day a score out of 10.

	Time To Sleep	Time Get Up	Hours of Sleep	Energy Levels
e.g.	10:30	07:00	8½	7/10
Day1	:	:		/10
Day2	:	:		/10
Day3	:	:		/10
Day4	:	:		/10
Day5	:	:		/10
Day6	:	:		/10
Day7	:	:		/10