

## Lesson 1

# Getting the Best Sleep of Your Life

**KEY TAKEAWAYS**

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**Nearly  $\frac{3}{4}$  of adults don't get enough sleep.**

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**Successful people are less likely to get enough sleep because their opportunity cost is greater.**

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**Caffeine, alcohol, and sleep medication all prevent us from getting quality sleep.**

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**Getting 7-9 hours rest each night has been shown to:**

- Heighten alertness
- Quicken response time
- Elevate athletic performance
- Enhance memory
- Boost mood
- Improve decision-making and creativity

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**Prolonged sleep deprivation has been linked with:**

- Medical issues including hypertension, gastrointestinal disorders, and cancer
- Anxiety and depression
- Lack of interest in hobbies
- Damaged relationships with loved ones
- Greater aversion to risk
- Lower attractiveness and weight gain

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**Modern technology makes it harder to get enough sleep by confusing our brains into thinking it is daytime.**

- As a result, biological processes that foster sleep are often stalled, preventing us from falling asleep when we need to rest, and making us tired when we need to be alert.
- To your brain, 10 minutes at midnight with a smartphone is the equivalent of an hour long walk in bright daylight.

How to get more sleep:

# Tips for during the day

- ▶ Get outdoors
- ▶ Exercise
- ▶ Minimize sugar and fatty foods
- ▶ Avoid caffeine, chocolate, and nicotine after 2:00pm
- ▶ Set a “work-down” alarm

**How to get more sleep:**

# Tips for when you get home

- ▶ Identify an exact time for when you want to be in bed
- ▶ Use your sleep audit to root out “time sinks”
- ▶ Make it more difficult to access wasteful technology
- ▶ Keep a book on your kitchen counter instead of your phone
- ▶ Eat dinner early
- ▶ Dim the lights
- ▶ Use blue-light blocking glasses
- ▶ Take a hot bath
- ▶ Minimize liquids close to bedtime
- ▶ Disconnect from your devices 90 minutes or more before bed

# How to create a sleep cave

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## Turn down lights

- ▶ Use dimmer light bulbs
- ▶ Get a red nightlight
- ▶ Cover up pulsating lights
- ▶ Install blackout blinds
- ▶ Use your sleep mask

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## Adjust the temperature

- ▶ Set your thermostat to 68F /20C an hour before bed
- ▶ If sleeping with a partner who prefers a different temperature, consider:
  - ▶ Separate blankets
  - ▶ Wearing socks
  - ▶ Sleeping shirtless
  - ▶ Getting temperature-controlled pillows or sheets

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## Silence noise

- ▶ Install soundproof windows
- ▶ Get a white noise machine
- ▶ Use a white noise app
- ▶ Try ear plugs

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## Create positive associations

- ▶ Keep your bedroom uncluttered
- ▶ Invest in high quality linens and pillows
- ▶ Remove your TV
- ▶ Shun anything work-related

**How to get more sleep:**

# Tips for the 60-90 minutes before bed

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**Craft a bedtime ritual that provides predictability and consistency**

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**Go to bed around the same time each night**

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**Sample activities that yield a relaxed mindset**

- ▶ Light a candle
- ▶ Turn on an essential oil diffuser (recommended scent: lavender)
- ▶ Read something relaxing (nothing work-related)
- ▶ Practice breathing exercises
- ▶ Stretch
- ▶ Meditate

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**Write a Tomorrow List**

- ▶ Identify 3-5 positive outcomes that would make tomorrow a success
- ▶ Doing so focuses you on solutions
- ▶ Bring this list to work with you the next day (we will discuss more about this in the next lesson on Morning Routines)

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**Write in your Nighttime Journal**

- ▶ Writing about your day makes life feel controllable
- ▶ See the handout “How to Use Your Journal” for suggestions on what to write

## What to do when you get to bed

# Focus your thinking on positive images

## If you can't fall asleep

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### Don't look at the clock

This will lead you to calculate how much time you have left, which fosters worry

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### Don't count sheep, count gratitudes

Focus on things you are grateful for

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### Don't try to fall asleep

Trying to stay awake directs our thinking to how sleepy we feel

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### Don't stay in bed

Do something relaxing and try falling asleep again in 20 minutes

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### Do shift your thinking

We get more sleep than we realize (we often dream of not falling asleep)

We often perform better than we think on one or two day's poor sleep

Most people struggle to fall asleep at least 2-3 times a week

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### Keep in mind

Simply relaxing in bed (even if you're not asleep) is good for you