

GRADUATING TO ADULT CARE

MY SLEEP

Name: _____

Date: _____



SLEEP TIGHT

A few tips for getting a good night's sleep:

- AVOID CAFFEINE**
If you consume food or drink with caffeine in it, avoid caffeinated products after noon.
- SET A COMFORTABLE TEMPERATURE**
Create a comfortable sleeping temperature. Usually, a few degrees cooler than our daytime comfort zone is about right for sleep.
- STICK TO A REGULAR SLEEP SCHEDULE**
It can really help to have a regular bed and wake time. This includes the weekends, which can be tricky. But keeping a regular schedule helps our bodies know when it's time to sleep.
- FOLLOW A CONSISTENT BEDTIME ROUTINE**
Having a consistent routine before bedtime can help us wind down and get ready to sleep.
- ASSOCIATE BED WITH SLEEP**
Avoid doing activities other than sleeping in bed (i.e. do not watch TV, work on homework, etc. in your bed.)
- AVOID NAPPING**
Napping during the day can disrupt our schedules for sleeping at night.
- TURN DOWN PHONE AND OTHER DEVICES**
Turning phones, tablets and other devices to silent can eliminate distractions.

MY SLEEP

How have you been sleeping recently? _____

Which, if any of the strategies listed above do you already use? _____

Which, if any of the strategies listed above might you like to try? _____