

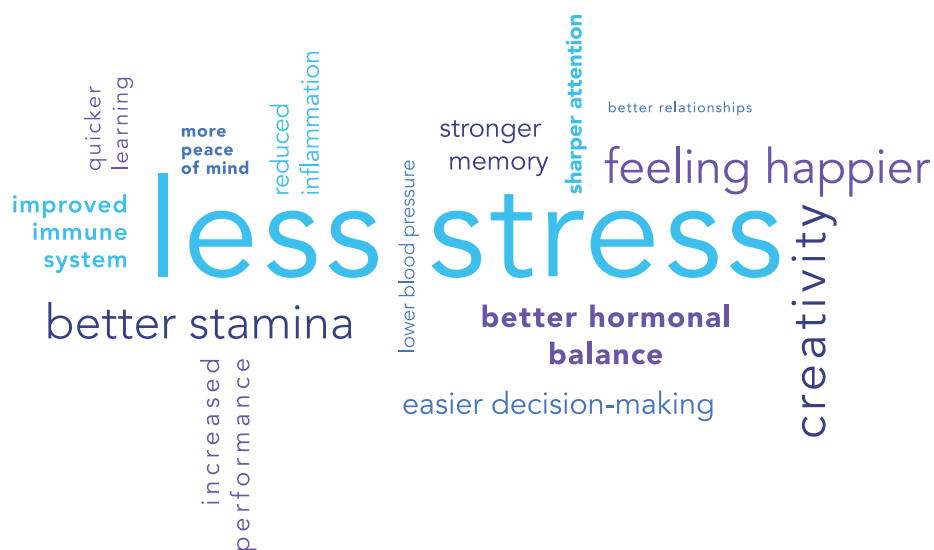
Sleep

A better sleep guidebook



One of the most powerful ways to improve overall wellbeing is to get a good night's sleep.

The benefits of healthy slumber include:



We know there may be things going on in your life that make getting the sleep you want or need difficult. Maybe you're a new parent, or dealing with some big changes in your life, or struggling with insomnia. Whatever your circumstance, there are small, doable steps you can take that can enhance the quality of your sleep, and the quality of your life. Begin where you are.

We created this journal to help, and hope it inspires you to make the changes you can and not worry about the ones that aren't possible or that you're not ready to make. Small shifts eventually add up to big shifts.



Sleep Reflections

Let's start by checking in with you and your current sleep practices.

Here are some practices that can improve sleep quality. How many are part of your routine?
Which are you not doing currently but that feel doable and desirable to you?

Put a checkbox in the appropriate column for each:

CURRENT PRACTICE	NEW HABIT TO TRY	
<input type="checkbox"/>	<input type="checkbox"/>	Listening to a Sleep Story
<input type="checkbox"/>	<input type="checkbox"/>	Doing Deep Sleep Meditation
<input type="checkbox"/>	<input type="checkbox"/>	Doing the Evening Wind Down Calm Body Session
<input type="checkbox"/>	<input type="checkbox"/>	Listening to relaxing music
<input type="checkbox"/>	<input type="checkbox"/>	Dimming the lights
<input type="checkbox"/>	<input type="checkbox"/>	Drinking lots of water during the day but not drinking too much right before bed
<input type="checkbox"/>	<input type="checkbox"/>	Regular Exercise
<input type="checkbox"/>	<input type="checkbox"/>	Avoiding screens & blue light before bed
<input type="checkbox"/>	<input type="checkbox"/>	Getting sunlight during the day
<input type="checkbox"/>	<input type="checkbox"/>	Using a sleep mask
<input type="checkbox"/>	<input type="checkbox"/>	Using Ear Plugs
<input type="checkbox"/>	<input type="checkbox"/>	Drinking decaffeinated tea before bed
<input type="checkbox"/>	<input type="checkbox"/>	A scoop of coconut oil before bed
<input type="checkbox"/>	<input type="checkbox"/>	A clutter-free bedroom
<input type="checkbox"/>	<input type="checkbox"/>	Avoid particular foods
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a notebook by your bed to empty thoughts and to-do list onto paper so that you can rest your mind
<input type="checkbox"/>	<input type="checkbox"/>	Meditation
<input type="checkbox"/>	<input type="checkbox"/>	Breathing exercises
<input type="checkbox"/>	<input type="checkbox"/>	Calm Sleep Mist
<input type="checkbox"/>	<input type="checkbox"/>	Aromatherapy
<input type="checkbox"/>	<input type="checkbox"/>	Cooler temperatures in the bedroom
<input type="checkbox"/>	<input type="checkbox"/>	A set bedtime



Take a moment to reflect on anything else that helps you get a good night's sleep, or any other practices not listed above that you would like to try.



Take a moment to reflect on anything else that may be affecting your ability to get a good night's sleep. It may be circumstantial (a partner's snoring...) or more personal (an emotional situation that is causing distress...) This is a place just for you, a place to write it out, and explore connections to your sleep health.

WHAT HURTS SLEEP FOR YOU?

Put a checkbox in any that apply.

- ☐ Watching TV before bed
- ☐ Drinking coffee or other high-caffeine beverages past a certain time of day
- ☐ Scrolling through social media
- ☐ Eating chocolate late in the day
- ☐ Not making enough time for relaxation in your day
- ☐ Staying out late
- ☐ Checking/answering email before bed
- ☐ Bright lighting
- ☐ A busy mind
- ☐ Noise during sleep hours
- ☐ Stress
- ☐ Sleeping in
- ☐ A hot bedroom
- ☐ Inconsistent sleeping hours
- ☐ Eating a large meal close to bedtime
- ☐ Drinking alcohol before bed
- ☐ Nighttime parenting or caregiving

**How would you rate the
quality of your sleep?**

[0 1 2 3 4 5 6 7 8 9 10]

I am exhausted
most of the time.


I feel well-rested
and energized most
of the time.

**Do you have a set
bedtime?
If so, when?**

**How much shut-eye
are you getting in
an average week?
Take a moment to
do the math.**

**Do you have any concerns
about your sleep?**

**Do you have a bedtime routine,
steps you follow that lead up to
sleep? If so, what do you do?**



**Circle how you most often
feel when you wake up.**

Refreshed

Recharged

Drained

Anxious

Tired

Happy

Sad

Lethargic

Energized

Peaceful

Irritable

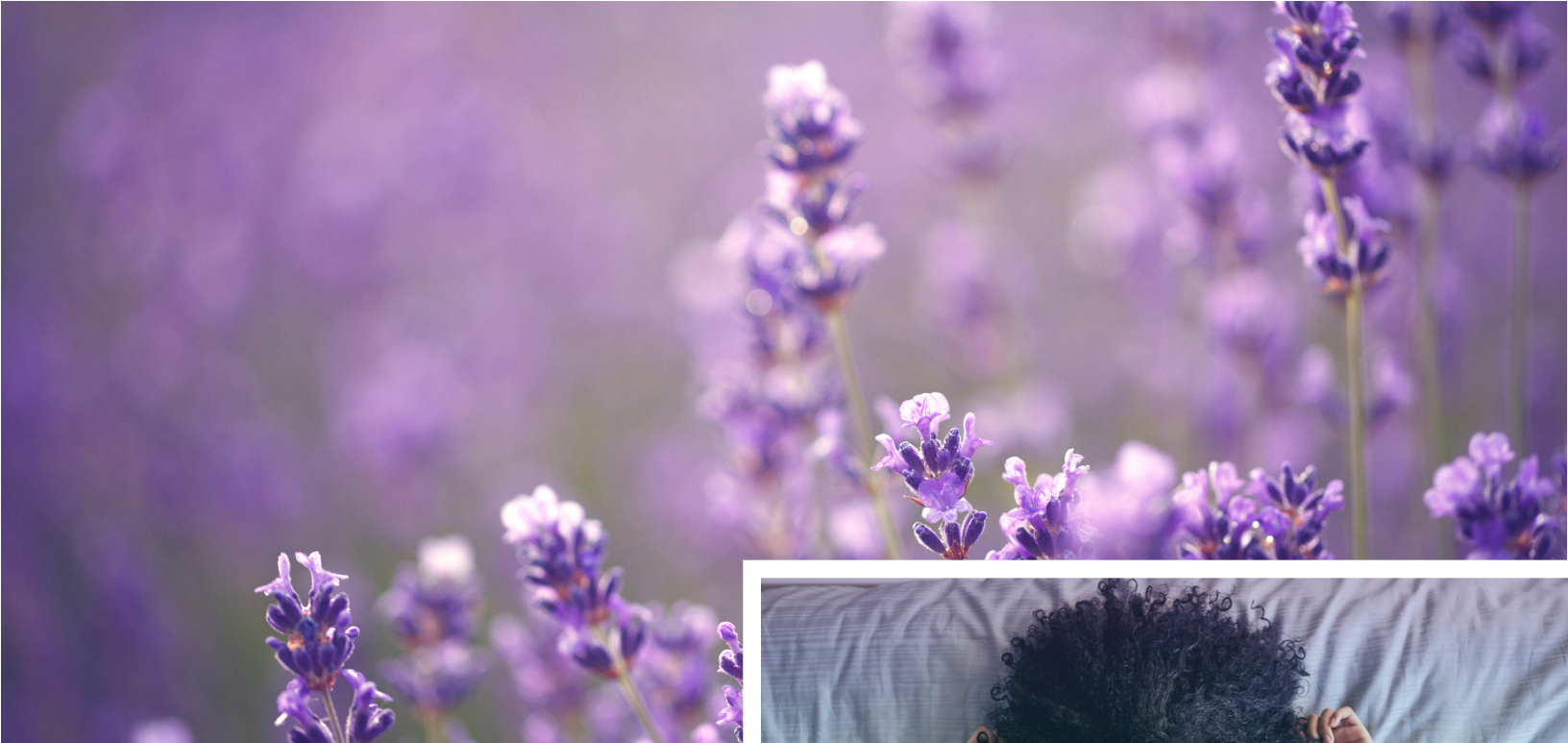
Frustrated

Calm

Enthusiastic

Resentful

Content



What might be possible for you if you were able to improve your sleep quality??



What are your hesitations/fears/concerns in addressing your sleep?

What can you do to set yourself up for better sleep? Or, said another way, what habits would you like to integrate into your daily life? (Use the checklist on page three for inspiration.)



A Sleep Experiment

An experiment and assessment to get to know more about your sleep support and needs.



At the end of the day, the amount of sleep we need is unique to our bodies and current circumstances. However, many of us dramatically underestimate the amount of sleep that we need and rely on caffeine to get us through the day. The truth is, if you need coffee to feel awake in the morning, you probably didn't get enough sleep. Most of us need somewhere between 7-9 hours of sleep a night.



Do you have a sense of how many hours would be ideal for you to sleep at this time in your life? Write down any insights that you have from this experiment.

An experiment:

For a week, go to bed at least 9 hours before you need (or want) to wake up and note when you naturally awaken. Set an alarm just in case but give yourself the full 9 hours. This will help you to determine how much sleep is optimal for you at this time in your life. While 7-9 hours may be ideal, this amount might not feel possible for everyone. If you're getting less than 7 hours of sleep, we encourage you to work toward getting more. Challenge yourself to add an extra hour.

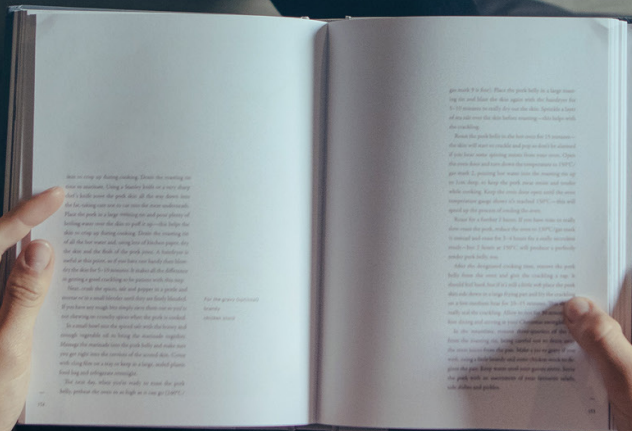
How much sleep do we really need?

Plan your bedtime and alarm wake-up time for the week.

Routine and consistency can really help when it comes to sleep, so if it's possible, make these times the same for every day of the week. If that's not realistic for you, work on creating a consistent amount of time for you to sleep.

	BED TIME	WAKE TIME
Su	__ : __	__ : __
M	__ : __	__ : __
T	__ : __	__ : __
W	__ : __	__ : __
Th	__ : __	__ : __
F	__ : __	__ : __
Sa	__ : __	__ : __

Creating a dreamy Bedtime Routine



Modern culture has us moving very quickly and, as a result, unwinding can feel difficult, even awkward, strange. But as our bodies and minds become accustomed to it, we can remember how natural it is to be in a state of calm, and how pleasing it can be to drift to sleep. Reconnecting with our natural, biological rhythms takes practice. What helps us in adopting any new practice is routine. Routine eliminates the stress of having to make decisions. It settles the nervous system. And, repeated, it becomes our new way of being. This is especially true with a sleep routine.

Here is your opportunity to create your own bedtime routine. Look back to the checklist on page 3, see which practices seemed inviting to you, and work out how you might incorporate them into a consistent practice you can follow.



Here is a sample bedtime routine:

8:45 p.m.

Download the Sleep Story I want to listen to tonight

8:50 p.m.

Brush my teeth and take my vitamins

8:55 p.m.

Do the Calm Body Evening Wind Down movement practice

9:10 p.m.

Turn off all technology and put my phone on airplane mode

9:15 p.m.


Read for a half-hour

9:45 p.m.

Play my downloaded Sleep Story and drift off to sleep

My bedtime routine:

:	
:	
:	
:	
:	

A person's hands are visible at the bottom, holding a lit sparkler. The sparkler is bright and glowing, with many small sparks flying out. The background is dark and out of focus, showing the person's face and upper body in a dim light.

Now that you've highlighted
some shifts that you want
to make, let's approach
this mindfully with

Calm's 6 Golden Rules of a Mindful Intention

MAKE YOUR INTENTIONS SMART

Specific

For example, "I want to sleep better in 2019" is a powerful declaration but it is not a specific intention or goal. "I will create a bedtime routine" is specific. Calm tip: It can be so helpful to start with how you want to feel, and then ask yourself what can practical thing you can do to achieve that feeling.

Measurable

When we have a goal in mind, we tend to want to achieve it ... immediately. And if there is no objective way to track progress, then anything less than perfection (which is impossible, of course), disappoints and discourages. But if we set intentions that are measurable, it's easier to see the small shifts that are happening, and we feel encouraged. Let's say you set an intention of doing the Calm Body Evening Wind Down stretches in the app as part of your nightly routine. It's easy to measure how many nights a week you manage that.

Attainable

Now it's time to be honest -- and compassionate -- with yourself. If you've been going to bed at midnight for the last few years, a 9:45 p.m. bedtime might be too challenging an adjustment. If so, can you make the shift more gentle and manageable for yourself? Would 10:30 p.m. feel more attainable? Once you're able to do this with consistency, there's nothing stopping you from setting a new goal.

1

Relevant

Make sure each goal you set inspires, excites, or motivates you, and that directly connects to what you hope to experience for yourself – in this case, super sweet sleep.

Time-bound

Of course we want our new habits to last, but forever is a long time, and it can be demotivating to begin when the goal ahead is so big. Instead, pick an amount of time to try on your intention. For example, "I will try to turn off my phone one hour before bed, for 30 days." Now it's an experiment and that's an amazing way to learn about yourself. Once you've completed your intention, you can decide to keep going or shift the plan.

Write down your specific, measurable, attainable, relevant, and time-bound sleep health intention or intentions...



2

MAKE IT VISIBLE

Ideas can float around in our heads for a long time. Writing it down, which you just did on the previous page, has a way of making it real. Making it visible, the next step, is what makes it doable. We all need reminders. Take your intention and put it somewhere you'll see it often like, on your mirror, on the back of your phone, on your computer's wallpaper.

Where will you post your written intention for yourself?



MAKE A PLAN

Now that you know the what (your intentions) and the why (better sleep for better health and happiness!), it's time to figure out the how. What do you need to do in order to stay true to your commitment? It's helpful to think about what might get in your way. For example, if you're trying to start getting ready for bed at 9 p.m., but you're working until 8:45 p.m., you're not set up to succeed and may need to look at ways of changing your work schedule. Or maybe it's easy for you to lose track of time watching TV or scrolling social media, so setting an alarm to remind yourself to start getting ready for bed could be supportive, or using phone controls that limit app access at certain times.

Fill out the table below.

Possible obstacles	How to handle



DO IT

Once you've set yourself up, using the steps above, whatever you've planned for yourself? It is doable. Maybe not easy, but doable. Why not begin tonight?

Pay attention. Get curious. Notice how you're feeling. This is how to nurture mindfulness in any practice. If what you are doing feels good, soak up that feeling, so that your mind and body can integrate this new information, and form new neural pathways connected to pleasure and wellbeing. If what you're doing feels hard, that's important personal data. Explore what's coming up for you in this process and use it to learn about yourself, and adjust your plan.. If, for example, you find you feel anxious because you're not checking your email before bed anymore, you might give yourself permission to skim your inbox for 10 minutes and then write down any to-dos that come from what you've read so that your brain can rest, knowing you have a plan for tackling it in the morning.

If it feels like you took too much on, it may be necessary to adjust the plan with compassion and inner wisdom. This is often the point where people just give up instead of modifying it to work for where they are at and who they are. Think of it like choosing a weight that was too heavy to lift. You could just give up on lifting weights and never build muscle, or you could scale down and build muscle in a more practical way. Let go of any all-or-nothing failure narratives you might have and work towards your goals in a more sustainable way. This is self-compassion in action. (If you could benefit from more self-compassion, the Calm Relationship with Self Series includes a 10-minute guided meditation called Self-Compassion you may find really supportive.)



PRACTICE AWARENESS

Take a moment to reflect on what you have noticed or become more aware of since beginning your new sleep practices.



CHECK IN WITH YOUR FRIENDS AND COMMUNITY

It can be tempting to keep your goals to yourself out of fear of failing, but then you rob yourself of accountability, support, encouragement, and connection. You are definitely not alone; in the United States alone, 60 million people struggle with insomnia. Find people you trust and support each other. Share your stories, offer solidarity, cheer each other on, and tap into the strength of community.

If you're looking for mindful community, join us in the Daily Calm Community. We'd love to meet you. Sure, you could probably do it on your own, but it's so much better when you feel the support, wisdom, and strength of others.

Take a moment to write out who you'd like to share your intentions with and what kind of support or encouragement you'd like to ask of them.

“ Sleep is the best meditation. ”

— DALAI LAMA

Wishing you good nights
and sweet dreams

