



RASĀYANA^{LLC}

AYURVEDA | MASSAGE | YOGA

CLEAR MIND STRONG BODY

MODULE 2 | SLEEP HYGIENE WORKBOOK



CLEAR MIND STRONG BODY
MODULE 2 WORKBOOK

Many factors influence sleep. In particular, the way you *think* about sleep and how you behave in the final 90 minutes before bedtime. Generally speaking, your bed should be associated with sleep.

When you are in bed talking on the phone, surfing the web, eating, or watching TV (activities you'd normally do when you are wide awake) you are inadvertently training your body to be awake in bed.

Similarly, if you spend extended time awake in bed, particular if you are upset, your bed becomes the place where you are awake, alert, and frustrated. The three key ingredients for good sleep are:

A REGULAR & OPTIMALLY TIMED SLEEP WINDOW

A COMFORTABLE SLEEP ENVIRONMENT

A QUIET MIND AND BODY





CLEAR MIND STRONG BODY
MODULE 2 WORKBOOK

In order to give your sleep system a tune up, you need to know where it stands now. For the next two weeks, track your sleep using the Sleep Log below.

Instructions:

1. Indicate the date, day of the week, and the of day: Work, School, Day off, Vacation
2. For each box, place "E" when you exercise, "F" when you eat, "C" when you have caffeine, "A" when you have alcohol
3. Draw a down arrow when you get into bed
4. Shade in all the boxes that show when you are asleep at night or napping by day
5. Draw an up arrow when you get out of bed

Week 1															Energy Level	Daytime Mood																	
Date	Day of Week	Type of Day	Noon	1:00 PM	2	3	4	5	6:00 PM	7	8	9	10	11:00 PM			Midnight	1:00 AM	2	3	4	5	6:00 AM	7	8	9	10	11:00 AM					
Example	TH	Work	F	F						F				↓							↑	F	F									Low	Sad

Week 2															Energy Level	Daytime Mood																	
Date	Day of Week	Type of Day	Noon	1:00 PM	2	3	4	5	6:00 PM	7	8	9	10	11:00 PM			Midnight	1:00 AM	2	3	4	5	6:00 AM	7	8	9	10	11:00 AM					



CLEAR MIND STRONG BODY
MODULE 2 WORKBOOK

WERE THERE DAYS WHERE BED TIME DID NOT GO AS PLANNED? WHY OR WHY NOT?

LIST ANY FOODS/BEVERAGES YOU HAD AFTER 7PM

FOR THE DAYS YOU SLEPT PARTICULARLY WELL OR POORLY, LIST THE ACTIVITIES WERE YOU ENGAGED IN BEFORE BED.



ESTABLISHING A BUFFER ZONE

A busy mind makes for difficult sleep. Check off which of the following statements are often true for you.

- When I'm in bed I think about the day's events.
- I make to-do lists in my mind in bed.
- I think about problems in bed.
- When I'm in bed I find it difficult to resist the urge to check my email or text messages or to answer the phone when it rings.
- I worry in bed.
- I feel tense in bed.
- I have trouble shutting off my mind at night.

If you checked off any of the statements above, you're in need of establishing a "Buffer Zone" - a designated period of time before bed that provides a transition between the goal-focused and task-oriented activities of the day and the quiet, more peaceful time of sleep and rejuvenation.

The length and type of Buffer Zone necessary, depends of the type of sleeper you are. Generally 60-90 minutes is the window of time needed for most.



BUFFER ZONE APPROVED ACTIVITIES

Playing a musical instrument	Singing, Chanting (Kirtan)
Looking at a magazine or photo/art book	Pranayama (Yogic Breathing Exercises)
Taking a bath/shower/sauna	Stargazing
Oil Massage	Moonbathing
Knitting	Restorative/Yin Yoga
Playing board games	Tai Chi or Qi Gong
Crafting	Listening to music or a podcast
Drawing, Painting, or Coloring	Reading a book
Meditating	Journaling
Light Housekeeping	30 minute walk in Nature

"EARLY TO BED AND EARLY TO RISE,
MAKES A MAN HEALTHY, WEALTHY, AND WISE."

- Benjamin Franklin



WHAT KIND OF SLEEPER ARE YOU?

Most people think of themselves as night owls or morning people. But it's a bit more complicated than that. While an evening routine is essential for everyone to promote sound sleep, not every routine will look exactly alike.

Select the answer that comes closest to describing you.

1. In physical terms, I know I'll have trouble sleeping if:

- a. I'm cold or my hands/feet are cold - even under the covers.
- b. The room is too warm
- c. I can't find a comfortable position

2. In emotional terms, I know I'll have trouble sleeping if:

- a. My thoughts are racing, or I'm replaying a conversation that didn't go well.
- b. I have too much to do or feel overwhelmed by work & pressing deadlines.
- c. I'm worried about someone close to me who is struggling

3. On those nights when I stay up later than I know I should, it's usually because:



WHAT KIND OF SLEEPER ARE YOU?

- a. I'll get a second wind after ten p.m. and start a movie or project.
 - b. I can't let go of a pressing project, even if I'm tired, and am trying to get just a few more things done
 - c. I'm out with friends and can't break away
- 4. When I have insomnia, it's usually because:**
- a. It takes too long to relax enough to fall asleep
 - b. I wake up hours early and can't fall back sleep
 - c. I feel physical discomfort at bedtime or during the night
- 5. My general disposition could be described as:**
- a. Social, inquisitive, or anxious
 - b. Ambitious, decisive, or active.
 - c. Easygoing, accommodating, generous
- 6. When I dream, I often dream about:**
- a. Being chased, or some kind of accident/disaster
 - b. Events that happened earlier in the day, or action/adventure oriented
 - c. Large bodies of water
- 7. When I have a bad night's sleep, my biggest challenge is:**
- a. Feeling like a space shot, exhausted and unable to function
 - b. Feeling pretty irritable, off my game
 - c. Feeling groggy at first, but I can push thru it by lunchtime



WHAT KIND OF SLEEPER ARE YOU?

8. My partner says I keep him/her up because:

- a. I toss and turn a lot, or steal all the covers
- b. I fling off the covers, or need a fan going
- c. I snore

9. When physical discomfort keeps me up, it's usually because:

- a. My legs are restless or achy
- b. I've got heart burn
- c. My pillows aren't quite right, I can't get comfortable

10. When I wake during the night, it's usually because:

- a. The slightest noise or change in light can wake me
- b. I have a pressing problem that won't leave me alone
- c. I have no idea what wakes me up

TOTAL: A:_____ B:_____ C:_____

If you answered mostly A's, you'd be considered a light sleeper (Vata).

If you answered mostly B's, you'd be considered a variable sleeper (Pitta).

If you answered mostly C's, you'd be considered a strong sleeper (Kapha).

According to the Webinar, what two challenges apply to your sleeper type?



CLEAR MIND STRONG BODY
MODULE 2 WORKBOOK

GATHERING INSPIRATION

If you're planning a boudoir make-over, it might be helpful for you to take a look at some home decor websites (i.e. Better Homes & Gardens) for additional inspiration.

Take a look at three websites or magazines for home design, or people working in a similar field. What are some features that really stood out to you that you could add to your own boudoir masterpiece? What changes can you make to better support your sleeper type?



The biggest challenge to making relaxation a habit is a perceived lack of time. Consider the needs of the people who currently depend on you and your own needs. Is your list of needs different from theirs? Is your list shorter? Why are you an exception? What is missing from your list of needs?

"I AM NOT AFRAID OF HONORING MYSELF." -OPRAH WINFREY

- Say no to at least one request this week.
- Set limits with those who demand too much of you
- Let your tribe know you are making changes in your life and that, except for emergencies, you are unavailable each evening starting at _____ o'clock.

FOR COUPLES WITH DIFFERENT SCHEDULES, accept your differences and agree to go to bed at different times but establish a cuddle period or "tuck in" so you can continue to spend some time together at night. Intimacy can occur independent of a sleep schedule.



SLEEP LAIR ACTION ITEMS

Who can rest when they're uncomfortable? No one, that's who. Think about ways you can create the perfect bedroom for your sleep type.

LIGHT CONTROL

- Use black-out curtains if bright street lights prevent darkness
- If light cannot be eliminated, use a soft contoured eye mask to prevent light from reaching your eyes. Throw an extra in your travel bag!
- Move the television out of the bedroom
- If you simply must have your computer or tablet on after sun-down, consider downloading an application like *f.flux* or *Dimmer*, to reduce the amount and quality of light you're exposed to. *Night Mode* works on iPhones.

INVEST IN YOUR BEDDING

- Whether you sleep in a hammock, on a straw mat, or on a mattress, upgrading your materials is helpful. Get some high-thread-count sheets, a soft cashmere or alpaca blanket, a goose down comforter. Consider moisture-wicking, natural fabrics
- Replace your pillows. Type of pillow: Lifespan Memory foam: every 18-36 months; Latex: every 3-4 years; Down: every 2+ years
- Get organic cotton allergy/dust mite covers for mattress, boxspring, and pillows



SLEEP LAIR ACTION ITEMS

AIR QUALITY

- Add some potted plants! Research suggests plants can lower your blood pressure and heart rate and soothe your senses, lulling you into a peaceful slumber. While rosemary, jasmine, and lavender promote sleep by reducing stress and lifting mood, even in babies, snake and spider plants purify the air.
- Replace air filters on AC and heating vents
- To ensure the best sleep possible, aim to keep your bedroom's humidity level at about 50% year-round, which may mean investing in a dehumidifier for the summer and a humidifier for the winter.
- Anti-radiation cell phone, tablet, and laptop cases. www.safesleeve.com

RECOMMENDED READING

Sleep for Success! Everything You Must Know About Sleep But Are Too Tired To Ask. by Dr. James B. Maas and Rebecca S. Robbins (2010)

The Sleep Solution. Why Your Bleep is Broken and How to Fix It by W. Chris Winter, MD. (2017)