



## Getting started

Sleep is a vital part of life. When you sleep your mind and body get a chance to restore themselves. If you don't give yourself this recovery time (or give yourself enough recovery time) you'll feel tired and less refreshed when you're awake. This 4-week plan is incredibly simple to follow. First download the fact sheet 'My sleep assessment'.

Poor sleep, sleepiness and fatigue are caused by others things going on in our lives. If you consult your doctor about concerns regarding your sleep they will look to determine whether your poor sleep is caused by one of three things:

- An underlying physical condition (for example, back pain causing discomfort when we lie down);
- Psychological factors; (for example, worries and anxiety)
- Your sleep behaviour

For the vast majority of us poor sleep is caused by the way we live our lives. There are four factors we need to review:

- Your bed time regularity & routines
- Your general lifestyle
- Your bedroom
- Your bed

Consider your current sleeping pattern and reflect on any adjustments that you need to make e.g. avoid heavy meals before bedtime, relax by listening to music before sleeping. Now complete your personal training plan (shown on the next page). Fill in those actions you need to take - print it off and place it on your fridge, or in a visible place.

Track your progress and each day give yourself a tick if you managed to do those things. Remember the 80 / 20 rule - try to complete your action points on a regular basis - at least 5 days out of 7 each week.

Continue to track your success for 4 weeks...you will probably find that at the end of 4 weeks you are doing these things without thinking about it; in other words they have now become your new sleep habits. You should also notice that your sleep has started to improve! If you have a lot of action points then you don't have to do them all at once. Start some in week 1 and then introduce others when you're ready; but once you start something try to keep that going all the time.

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.



# Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I am sleeping better this week Enter 'Yes' or 'No'				

## After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

## After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.