

Thrive!

Getting Started

Seven Day Sleep Challenge

Answer the questions below before you begin the challenge. Once you have completed the seven day challenge, complete the survey below by June 21 to be entered into a drawing to win sleep-related prizes!

Pre-Challenge Questions

Answer these questions before you begin the challenge.

1. How many hours of sleep do you get each night on average? _____
2. Do you wake up feeling well rested? _____
3. Do you wake up frequently during the night? If so, how often? _____

Important! You will input this information into the survey at the end of the challenge, so be sure to hold onto this page.

Once you finish the challenge, take this [*survey](#) by June 21 for a chance to win...

- 1 of 2 essential oil diffusers and set of six essential oils
 - 1 of 4 lavender vanilla pillow mists
 - 1 of 2 memory foam pillows
 - 1 of 2 pairs of Drift lights

* To access the electronic version of this page with clickable links, visit

gatorcare.org/sleep





Building Your Sleep Toolbox

Having trouble falling asleep or getting back to sleep after waking in the middle of the night? Try these techniques throughout the week. Be sure to note which you tried and whether or not it worked. If it worked, add this to your sleep toolbox.

To Help You Fall Asleep...

Try out various rituals and see what fits for you. Your ritual should be consistent, simple, soothing, and should last about thirty minutes. Practicing your ritual every night will signal to your body that it's time for bed.

Techniques	Notes (I tried this and...)	Add to your toolbox? (Y or N)
Set the mood. Dim all lights and use secondary lights in the bathroom and kitchen. Turn down the thermostat or use a fan. The ideal snoozing temperature is 65°.		
Read or listen to an audiobook. These should be pleasure reads, not work-related materials. Try to avoid reading or listening to a book in bed.		
Jot down the best parts of your day. Take a moment to reflect and practice gratitude.		
Review your calendar and mentally prepare for tomorrow. Be sure to end the review with permission to relax. You are in control and ready for the day ahead.		
Stretch, meditate, or breathe. Work through a few yoga poses, focus on your breath , or meditate .		
Try aromatherapy. Using calm and relaxing essential oils like lavender or chamomile can help you fall asleep faster.		
Take a warm bath or shower. The cool down afterwards reduces your body temperature, which can trigger a tranquil, drowsy feeling.		



Building Your Sleep Toolbox

Don't forget to take the [survey](#) by June 21 for a chance to win sleep prizes! Survey also available at gatorcare.org/sleep.

To Help You Fall Back Asleep...

Research suggests that waking up in the middle of the night may have been normal for our ancestors. The best thing to do if you wake up in the night is to accept it. Don't panic or stress about falling back to sleep. Instead try one of these techniques.

Techniques	Notes (I tried this and...)	Add to your toolbox? (Y or N)
Get out of bed. Do something quiet and unexciting, like listening to soothing music, reading something you've read before, knitting or coloring. When you feel sleepy again, go back to bed. Avoid turning on bright lights for these activities.		
Keep it dim. Light signals your body to wake up. Keep the lighting dim and install night lights in areas you may need to access in the middle of the night, like bathrooms and hallways.		
Dump your thoughts. If thoughts, worries, or ideas are keeping you up, jot them down. Allow yourself to rest knowing that you can revisit those thoughts in the morning.		
Stretch, meditate, or breathe. Work through a few yoga poses, focus on your breath , or meditate .		
Avoid your phone or tablet. Not only does the blue light impede sleep, but these activities may also be too stimulating, making it harder to fall back asleep. The same goes for an alarm clock. If you have one, don't fall victim to staring at it. Remember, you are trying not to panic or stress about being awake.		
Focus on your body. This can help you get out of your head. Scan your body and be curious about each body part. Is there pain? Where does your body come into contact with the bed? The sheets? The pillow?		