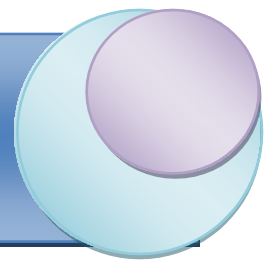


Your Best Health: Adult Weight Management Reflection Journal

Sleep



Sleep well for your weight

How much sleep do you usually get each night?

- less than 6 hours
- 6 to 8 hours
- more than 8 hours

Not getting enough sleep can lead to:

- weight gain
- feeling sleepy or tired during the day
- mood changes

How do you feel after a typical night of sleep?

- I feel rested and alert through the day.
- I have a hard time getting up in the morning.

Health benefits of getting enough sleep

For the following questions check the statements that you relate to:

What **health** benefits from sleeping well are important to you?

- lower risk for chronic disease
- a healthier heart
- better blood glucose (sugar) control
- lower my risk of certain types of cancer
- manage my weight
- manage depression
- overall better health

What **well-being** benefits from sleeping well are important to you?

- function at my best
- feel better
- have more energy
- be more alert
- have better concentration and memory

What **lifestyle** benefits from sleeping well are important to you?

- keep up with friends
- play with children or grandchildren
- be more productive
- have a happier mood
- have a better quality of life

Go back to the learning module and find out about how sleep and weight are connected.

What affects sleep?

Check off the statements you relate to:

How do you feel when you don't get enough sleep?

- I don't notice a change —about the same
- I'm hungrier
- I don't really feel like eating—I snack more often
- I have more food cravings
- I'm more cranky and more irritable
- I have less patience
- I don't have the energy to be active
- I don't want to shop or cook—I just have something quick and easy to eat
- I have a harder time focusing or paying attention
- I can't remember things

How well do you think you usually sleep? Rate it on a scale of 1 to 10 (1 – not well at all, 10 – very well). Select a number in the drop down.

What do you think might be interrupting your sleep?

Check off the statements that you relate to:

- no night-time routine
- the medicine I take

- substances such as caffeinated beverages, stimulants, alcohol, and nicotine
- not sleeping enough
- my medical condition
- too much noise
- work pressure
- stress
- shift work
- using electronic devices at bedtime
- unhealthy sleep habits
- no physical activity during the day
- snoring
- worry
- other:

Go back to the learning module to find out about sleep apnea.

Obstructive sleep apnea (OSA)

Have you been told that you snore?

- yes
- no

Do you wake up feeling tired even though you've slept for 6 to 9 hours?

- yes
- no

If you think you may have OSA, talk to your healthcare provider. There are several treatments for OSA that can help you to sleep better and feel more rested during the day. Stopping weight gain or losing weight may also improve OSA symptoms.

Sleep strategies

This month, try different strategies to improve your sleep. Go to the sleep section of the learning module for more information.

Setting too many goals can make it hard to follow through with them. Think about what you want to do, what's going on in your life, and what other priorities you may have right now. You may be able to work on 1 goal or a few smaller goals at the same time. This is OK. You'll have a better chance of making lasting change if you take it a step at a time.

Check off 1 or 2 areas where you feel you're ready to make changes:

- set up your bedroom to support healthy sleep and reduce distractions
- develop a healthy sleep routine 60 to 90 minutes before bed
- do positive things during the day that will help you sleep
- manage your health better and talk to your healthcare provider about your sleep
- none of the above – **continue with module**

The bedroom

Which of the following are you already doing? Which would you like to start to sleep well?

- use the bedroom for sleep and intimacy only
- keep electronic devices out of the room (TV, Smartphone, video games)
- use a comfortable mattress and bed coverings that suit you
- create a quiet, dark room—use blackout blinds and ear plugs if that helps
- adjust the room temperature so it's not too warm or cool
- create quiet, consistent background noise such as a white noisemachine or fan
- turn the alarm clock toward the wall
- sleep in a separate room from my partner
- other:

If setting up your bedroom for sleeping well is an area that's a priority for you and you're ready to make a change, choose 1 or 2 items you want to set a SMART goal around.

Sleep routine

Which of the following do you want to try?

- lower the light level close to bedtime
- do quiet and relaxing activities close to bedtime such as:
 - warm bath
 - reading
 - knitting
 - quiet music
 - deep breathing
 - yoga
 - stretching exercises
 - other:

- go to sleep at about the same time every day —what time will you go to sleep at night _____
- limit caffeine to no more than 400 mg—about 3 cups (750 mL) of coffee each day
- keep a journal or notepad beside the bed—write any thoughts or worries that keep you awake
- turn off your electronic devices an hour before bed
- if you don't fall asleep after 10 to 20 minutes, get out of bed to do a relaxing, quiet activity until you feel tired
- other:

If creating a sleep routine is a priority for you and you're ready to make a change, choose 1 or 2 things you want to try. Make a SMART goal for yourself for this change.

Daytime habits

Which of these positive things are you already doing or what would you like to start?

- be active during the day—try to exercise earlier in the day instead of just before bed
- eat well during the day—have a lighter meal near the end of your day
- wake up at about the same time every day—what time will you wake up? _____
- limit caffeine to no more than 400 mg, about 3 cups (750 mL) of coffee each day
- use less or stop using alcohol, nicotine, and stimulants they—may interfere with your sleep
- learn how to manage your stress—try to relax using guided imagery, progressive musclerelaxation, or whatever works for you
- limit how busy you are in a day to make sure you have enough time to relax and sleep
- if you take a nap, have it earlier in the day and for no longer than 10 to 20 minutes
- limit how much you drink close to bedtime if you wake up during the night to use the bathroom
- other:

If making a change in your daytime habits is an area that's a priority for you and you're ready to make a change, choose 1 or 2 things you want to try. Make a SMART goal for yourself for this change.

Manage your health to sleep

Which of these items are you already doing or which ones would you like to try?

- find out about and use new ways to manage your stress
- talk to your healthcare provider about the medicine you take
- talk to someone about how you can quit smoking
- get regular medical check-ups to make sure your health isn't affecting your sleep
- talk to your healthcare provider if you think you may have a sleep disorder like sleep apnea
- go to a workshop to find out more about how to get a good sleep
- other:

If managing your health for better sleep is a priority for you and you're ready to make a change, choose 1 or 2 items you want to try. Make a SMART goal for yourself for this change.

Planning sleep

What can you do to get better sleep this month?

What time will you go to bed? _____

What time will you wake up? _____

How will you know if your sleep is better? _____

There are many tools to help build your skills, track your progress, and keep you motivated. Here is a short list of some tools that may help you notice patterns of your sleep, how well you sleep, or other areas that you're working on.

Which of the tools will you use to keep track of your sleep?

- write in a journal
- keep a sleep log (sleep time, wake time, meals, and energy level)
- use a sleep monitor
- use a Smartphone app
- wear an exercise tracker that has settings to monitor your sleep