



Participant Guide

Sleep Smarter: Your Guide to a Good Night's Rest

Pre-Bed Routine

Tip 5. Stash Electronics

- Limit blue light
- 1-2 hours before bedtime put away electronics
- Set an "electronic sundown" alarm



Tricks

- Blue light blocking help
- Use settings to dim lights on electronics
- Out of sight, out of mind
- Avoid 'doomscrolling'



Sleep-Inducing Bedroom

Tip 6. Create a Sanctuary

- Cool
- Dark
- Quiet
- Comfy
- Fresh
- Tidy



Q & A

True or False

Sleeping behavior is only affected by what we do after 9:00 PM



Additional Resources

- American Academy of Sleep Medicine (AASM): <https://aasm.org>
- National Sleep Foundation: <https://www.thensf.org>
- Sleep Advisor: <https://www.sleepadvisor.org/>
- Sleep Foundation: <https://www.sleepfoundation.org/>
- Sleep.org: <https://www.sleep.org/>
- Lipman, F., Parikh, N. (2021). *Better Sleep, Better You*. Little, Brown, Spark.
- Macedo, D. (2021). *The Sleep Fix*. William Morrow.
- Mosley, M. (2021 a). *Fast Asleep* (pp. 33–35). Simon and Schuster.
- Stevenson, S. (2016). *Sleep smarter*. Rodale.
- Walker, M. P. (2018). *Why We Sleep*. Scribner.

Sleep Smarter

Strategies for a Good Night's Rest



Notice What Helps (and What Hurts)

- Pay attention to how your daily choices affect sleep
- Example: Do you feel more refreshed after a morning walk—or more wired after late-night scrolling
- Track what leaves you feeling calm, rested, or restless

Shift the Balance

- Reduce sleep disruptors:
 - Limit caffeine after lunch
 - Skip the nightcap—alcohol disrupts deep sleep
 - Put electronics away 1-2 hours before bed
- Add sleep buffers:
 - Pair stressful tasks with calming rituals (stretching, journaling, or a warm shower)
 - Keep a consistent bedtime routine

Reconnect with Your Rhythm

- Go to bed and wake up at the same time—even on weekends
- Nap mindfully (short, early in the day)
- Get morning light to reset your body clock

Create Pre-Bed Ritual

- Dim lights, read, listen to calming music
- Address worries with a to-do list or gratitude journal
- Keep your bedroom cool, dark, quiet, and clutter free



PRO TIP

Counting Sheep is Optional

But if they start filing expense reports in your dreams, it's a sign you're still in work mode. Create a clear boundary between your day and night by shutting down mental to-do lists before bed. A calm mind is the best invitation to deep, restorative sleep.

Better sleep isn't about perfection—it's about small, consistent choices that add up to big results. Start with one change tonight and let tomorrow's energy be your proof.

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**OurRelationship
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Designed to uncover, understand, and solve relationship issues, at your own pace or guided by a program coach



**Personal
Coaching**

Tailored, actionable strategies to achieve personal wellbeing and professional development goals



**Financial
Coaching**

Money coach helps with money management, tax basics, investing, retirement planning, and building credit

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