

# SESSION 12: Get Enough Sleep



## Session Focus

Getting enough sleep can help you manage your weight.

### This session we will talk about:

- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

### You will also make a new action plan!

## Jenny's Story

Jenny is having trouble losing weight. Her doctor asks her if she gets at least 7 hours of sleep each night.

Jenny laughs. "Are you serious?" she asks. "I'm lucky if I get 5 hours."

Jenny usually doesn't have much trouble falling asleep. But she often has to use the bathroom in the early morning. This gets her thinking about all the things she needs to do the next day. Plus, her husband's breathing is loud. Both of these things make it hard for Jenny to fall back to sleep. She often lies awake for hours.

In order to sleep better, Jenny tries drinking less water and avoiding caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside.

Jenny rarely needs to get up to use the bathroom during the night. If she does, she breathes deeply to help her get back to sleep. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.

### TIPS:

- Go to bed and get up at the same time each day. This helps your body get on a schedule.
- Follow a bedtime routine that helps you wind down.

### What makes it hard for you to get a good night's sleep?

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## How to Cope With Challenges

It can be challenging to get enough sleep. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I stay up too late getting things done	<input type="checkbox"/> Plan ahead so that you finish earlier <input type="checkbox"/> Ask family and friends to help you get things done <input type="checkbox"/> Save some tasks for another day <input type="checkbox"/> Make a list of things to do the next day and then set it aside	
I'm too hot or too cold	<input type="checkbox"/> Turn the heat up or down or open a window <input type="checkbox"/> Dress for the weather <input type="checkbox"/> Choose the right bedding <input type="checkbox"/> Take a warm or cool bath or shower	
My bed partner is restless, breathes loudly, or snores	<input type="checkbox"/> Ask your partner to sleep on their side or stomach <input type="checkbox"/> Ask your partner to get help from their primary care clinician	
There's too much noise	<input type="checkbox"/> Use earplugs <input type="checkbox"/> Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smart phone app that plays white noise or nature sounds	
There's too much light	<input type="checkbox"/> Get room-darkening blinds or shades <input type="checkbox"/> Wear a sleep mask	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I can't get comfortable	<input type="checkbox"/> Stretch <input type="checkbox"/> If possible, get a bed, mattress and pillow that you like	
I keep getting up to use the bathroom	<input type="checkbox"/> Avoid caffeine and alcohol <input type="checkbox"/> Have a drink of water at least two hours before bedtime and then stop drinking <input type="checkbox"/> If you have to drink at bedtime, have just a sip	
I feel anxious or alert	<p><u>During the day:</u></p> <input type="checkbox"/> Get up at the same time each day <input type="checkbox"/> Avoid caffeine <input type="checkbox"/> If you smoke, try to quit <input type="checkbox"/> Avoid naps or only take short naps <input type="checkbox"/> Be active <input type="checkbox"/> Manage stress <input type="checkbox"/> Ask your healthcare clinician if your medicines are keeping you awake <p><u>A couple hours before bedtime:</u></p> <input type="checkbox"/> Avoid using a computer, cell phone, or TV. <input type="checkbox"/> Avoid working or being very active <input type="checkbox"/> Follow a bedtime routine that helps you wind down <p><u>At bedtime:</u></p> <input type="checkbox"/> Go to bed at the same time each day <input type="checkbox"/> Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing <input type="checkbox"/> If you don't think you will fall asleep soon, get out of bed and do something relaxing for awhile	

## Ways to Unwind:

It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime. Here are some ways to unwind.

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.

**What helps you unwind at the end of the day?**

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