



## **Where to Begin for Better Sleep**

### **1) Determine your sleep needs**

- Create a sleep log (helps awareness of behaviors that may help/hurt sleep)
- Keep track of bed and wake times
- Keep track also of diet and daily activities that might contribute to sleep disturbance
- If change is desired, utilize 30-minute change increments (bed and wake times) and allow 2-3 weeks for new pattern to set
- Work backwards with change increments – begin by establishing a necessary wake time and adjust bed time accordingly
- After the allowed time, reassess – then make further adjustments if necessary

### **2) Establishing Rhythm and Regularity are essential!**

- We are creatures of habit by nature - designed to consistently establish a healthy equilibrium automatically and systematically
- Work with, not against, your built-in biological clocks (circadian rhythms – naturally modulate our sleep and wakefulness)
- This means, listen to your body. For example if you're having trouble keeping your eyes open – go to sleep!
- MYTH: We can “make up” for lost sleep by sleeping more on weekends or days off
- In fact, we can sleep “too much.” Reestablishing a regular and consistent sleep schedule is the **ONLY** way to resolve ‘sleep debt.’
- After the body has naturally equilibrated, more bed-time is not ‘restful’ and may actually evoke sleepiness-like symptoms.
- NAPS: Only good for moderate recovery from sleep deprivation. Research shows that naps are most productive if they are planned and either 30 minutes or 120 minutes long.

For more information feel free to call CWFL at (213) 821-0800 or visit [www.usc.edu/worklife](http://www.usc.edu/worklife)