



WII Sleep: Schedule Your Shuteye

Sleep impacts many aspects of healing and recovery from a wound, illness, or injury. Lack of or poor sleep may cause or exacerbate physical and psychological disturbances. The physical impact may result in slower healing, or lead to an increase in aches and pains, while the psychological impact may include depression, anger, and anxiety. Setting a schedule may help you get better sleep.

Set up

The goal of setting up a sleep schedule is to get your mind and body used to going to sleep and waking up at the same time every day – so you develop a sleep rhythm.

Your sleep schedule will consist of four main components:

1. Wind-down: to help relax your body and clear your mind to prepare for bedtime.¹
2. Go to bed: after winding-down, go to bed and allow yourself time to fall asleep.
3. Fall asleep: give yourself time to fall asleep. If after 20-30 minutes you are not asleep, get out of bed and do something that relaxes you and return to bed when you feel sleepy.¹
4. Wake up: target getting up at the same time each day to keep yourself in a routine.

Build

Work your way backwards to build your schedule. Start with when you need to wake up and back up from there. Fill in the table below and use the times you establish to track your progress in the log on the next page:

1. Wake up:	_____	
2. Fall asleep:	_____	(subtract 7-8 hours from step 1)
3. Go to bed:	_____	(subtract 20-30 minutes from step 2)
4. Wind-down:	_____	(subtract 30-60 minutes from step 3)

Track

Track and evaluate your sleep. Use the schedule above as your target. Document the actual results in the log. Also, use the check boxes to evaluate your sleep and capture any relevant comments in the notes section.



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Day/Date	Wind-down Time	Go to Bed Time	Fall Asleep Time	Wake-up Time	Restful & Restorative?	Snored or Stopped Breathing?	Moved a Lot?	Excessive Sleepiness During the Day?	Notes (pain, anxiety, nightmares, etc.)
Sunday/11-11-14	10:00	11:00	11:30	7:30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>Woke up twice due to pain; tossed and turned much of the night</i>
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

*Contents of table based off Discussing Sleep with Your Doctor ²



References

110 Top Tips For Tip-Top Sleep. *Naval Center for Combat . and Operational Stress Control*. Available at:
<http://www.med.navy.mil/sites/nmcsc/nccosc/serviceMembersV2/stressManagement/10TopTipsForTipTopSleep/Pages/default.aspx>. Accessed July 03, 2014.

2 Epstein L. Discussing Sleep With Your Doctor. *Division of . Sleep Medicine at Harvard Medical School*. Available at:
http://healthysleep.med.harvard.edu/video/sleep07_epstein_discusseexam. Accessed July 07, 2014.