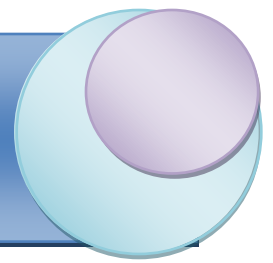


# Your Best Health: Adult Weight Management Reflection Journal

## Sleep



### Sleep Well for Your Weight

#### How much sleep do you usually get?

Less than 6 hours

6-8 hours

More than 8 hours

Not getting enough sleep is linked to weight gain. Not enough sleep also causes you to feel sleepy or tired during the day—it can even affect your mood

### Enough Sleep

#### How do you feel after a typical night of sleep?

Rested in the morning and alert through the day

Hard time getting up in morning

You can learn if you're getting enough sleep by paying attention to whether or not you feel rested in the morning and alert throughout the day.

### Health Benefits

Something to think about...

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

#### Check off the statements you relate to:

Lower risk for chronic disease

A healthier heart

Better blood sugar control

Reduce 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

## **Sleep and Weight Connection**

Something to think about...

**Check the statements you relate to:**

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

- No change really, 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 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 feel you usually sleep?** Rate it on a scale of 1 to 10  
(select a number)

## **What Affects Sleep?**

Something to think about...

**What do you think might be affecting or 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 conditions

Too much noise

Work pressure

Stress

Shift work

Using electronic device(s) at bed time

Unhealthy sleep habits

No physical activity during the day

Snoring

Worry

Other:

## **Obstructive Sleep Apnea**

**Do you think you might have sleep apnea?**

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 section in your module that talks about the sleep topic for more information.

### Check off one(1) or two(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

### Check off the things you are already doing to sleep well:

- Sleep in a separate room from my partner
- Keep electronics out of the room
- Use comfortable and appropriate mattress and coverings
- Create a quiet, dark room
- Adjust the room temperature hard to sleep if room is too warm or cool
- Use earplugs
- Create quiet, consistent background noise (for example: white noise machine, fan)
- Use blackout blinds
- Turn the alarm clock toward the wall
- Use the bedroom for sleep and intimacy only
- Other:

There are many ways to setup your bedroom to help you sleep well. 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 one(1) or two(2) items you want to set a SMART goal around.

Remember, setting too many goals can be overwhelming. Think about your goals, your circumstances, and competing priorities you may have when deciding how many goals you want to set as you work through this learning module. Depending on what's happening in your life you may be able to work on one goal or a few smaller goals at the same time.

## Sleep Routine

There are many ways to improve your sleep routine.

**Check off one or two areas where you feel you're ready to make changes:**

Reducing light close to bed time

Doing quiet and relaxing activities

Warm bath

Reading

Knitting

Quiet music

Deep breathing

Yoga

Stretching exercises

Other:

Going to sleep at same time everyday (give or take 1 hour). If yes, what time will you go to sleep at night? \_\_\_\_\_

Not eating heavy meals close to bed time

Exercising earlier in the day if possible

Reducing the amount you drink close to bedtime if you're waking up to use the washroom

Not using alcohol, nicotine, and stimulants as they may interfere with sleep

Limiting caffeine to no more than 400 mg—about 3 cups (750 mL) of coffee each day

Keeping a journal or notepad beside the bed to jot down any thoughts or worries that may keep you awake

Turning off your electronic devices in the hour before bed

Getting out of bed to do a relaxing, quiet activity until you feel tired if you don't fall asleep after 10 to 20 minutes

Other:

If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a SMART goal around.

## Daytime habits

### Check any of the positive things you're currently doing:

Being active during the day

Eating well during the day

Waking up at the same time every day (give or take 1 hour). If yes, what time will you wake up? \_\_\_\_

Not using alcohol, nicotine, and stimulants as they may interfere with sleep

Limiting caffeine to no more than 400 mg—about 3 cups (750 mL) of coffee—each day

Using strategies to manage stress

Using relaxation strategies such as guided imagery, progressive muscle relaxation

If you nap, limiting to earlier in the day and for no longer than 10 to 20 minutes

Reducing the number of tasks I do in a day to make sure I have enough sleep time

Other:

If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a SMART goal around.

## Manage Health to Sleep

### Check any of the items you're currently doing:

Talk about the medicine I take

Talk about strategies to quit smoking

Use stress management strategies

Get regular medical check-upsTalk to my doctor if you think I have sleep apnea

Talk to my healthcare provider if I think you may have a sleep disorder

Go to a workshop

Other:

If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a SMART goal around.

## **Planning Sleep**

Think about what you could do to improve your sleep this month.

What time will you go to bed by? \_\_\_\_\_

What time will you wake up? \_\_\_\_\_

How will you know if your sleep has improved? \_\_\_\_\_

Think about using tools to help build your skills, track your progress, and keep you motivated. The tools may help you identify patterns of your sleep or areas that you may want to improve.

### **Check off the tools you'll use to keep track of your sleep:**

Writing in a journal

Keeping a sleep log (sleep times, wake times, meals, energy level)

Using a sleep monitor

Using a Smartphone app