

Worksheet 11: Getting some sleep

The night-time visitor that can change the weight loss *game*.

Sleep, health, and weight management are intimately connected. Insufficient sleep can cause increased appetite and other metabolic changes that impact your body and the way it digests food.

Remember: Sleep, like weight, is not in your direct control. This means we will need to change other things around sleep that we **can control**.

Sleep Hygiene Practices

1 Have a stable and consistent routine around sleep.

My current night-time routine before bed:

I start to...	I stop...
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2 Suggested ground rules for sleep:

- Keep bed for sleeping only.
- Control the light and noise in your bedroom
- No TV or other screens in bed
- Food curfew 1 hour before sleep
- Exercise curfew 2 hours before sleep
- Alcohol curfew 2 hours before sleep
- Caffeine curfew at midday.

3 Set a consistent time to go to bed and wake up.

My plans for sleep hygiene:

Changes I will make to the bedroom:	My wind-down routine, including curfews:
Planned bed time:	Planned wake time: