

I DON'T HAVE FING

TIME FOR THIS!

Mom-to-Mom Empowerment Support Group

5-day

Waking Success



Challenge

Are you ready to transform your sleep habits and wake up feeling refreshed and energized? This 5-day sleep challenge is designed to help you establish a consistent sleep routine, create a sleep-conducive environment, and develop healthy habits to improve the quality of your sleep.

Day 1: Establish a Consistent Sleep Schedule

1. Set your bedtime and wake-up time to the same time every day, including weekends
2. Create a relaxing wind-down routine to signal your body that it's time for sleep
3. Avoid using your phone as an alarm clock; instead, use a separate alarm clock

Day 2: Optimize Your Sleep Environment

1. Replace fluorescent lighting in your bedroom with sleep-friendly bulbs
2. Remove any light-emitting sources from the bedroom (e.g., TVs, computers, chargers)
3. Use painters' tape or clips to block out any light sources from windows or curtains

Day 3: Limit Stimulants and Wind Down

1. Gradually reduce caffeine intake by having your last cup a half hour to an hour earlier
2. Avoid alcohol close to bedtime; instead, drink a warm beverage like tea or water
3. Continue your wind-down routine, incorporating relaxation techniques like clenching and releasing each muscle group, prayer, or gratitude reflection

Day 4: Refine Your Pre-Sleep Habits

1. Eat dinner earlier and avoid foods that may disrupt sleep (e.g., cheese, chocolate)
2. Replace stimulating activities before bed with relaxing ones (e.g., reading, meditation)
3. Avoid using your phone or checking notifications at least 15 minutes before bedtime

Day 5: Embrace a Restful Night's Sleep

1. Stick to your consistent sleep schedule and wind-down routine
2. Create a pitch-black environment to promote melatonin secretion
3. Be compassionate with yourself if you wake up during the night; resist the urge to check your phone and instead focus on relaxation techniques to fall back asleep.

Remember, small changes can add up to make a significant difference in your sleep quality. Stick to these habits for the full five days to give your body and mind a chance to adapt. If you continue to struggle with sleep, consider consulting a healthcare professional for further guidance.