

SKILL BUILDING NO. 14

Body Balance

School and activities start in the early morning and run til after dark. It's hard to get schoolwork done, see your family, have some relaxation time, and get enough sleep. Let's take control of the different factors that affect your rest by doing this sleep inventory. Mark the items that apply to you.

What is your sleep like now?

- It's hard to fall asleep
- I fall asleep as soon as my head touches a pillow
- I want to sleep all the time
- I fall asleep during the day
- I take long naps after school
- I wake up in the middle of the night with a lot of thoughts/energy
- I eat a big meal right before sleeping
- I fall asleep with videos, tv, and movies playing
- I don't have a bedtime routine that helps calm/relax
- Too much activity going on around you prevents falling asleep

Do you have any of these habits that can work against getting good sleep?

- Using a phone before bed - watching videos, texting, scrolling
- Checking the phone for the time
- Using a phone in the middle of the night
- Notifications turned on during sleep hours
- Drinking caffeine (coffee, energy drinks) late in the day
- Staying up later than I should
- Losing track of time before bed



5-10 minutes



use weekly sheet



repeat these items often

- Working on homework right before sleeping
- Procrastinating before bed and rushing to get things done

What are the things you want to try to improve your sleep?

- Use an alarm clock - not a phone
- Take the phone out of the room for the night
- Put the phone on another side of the room at night
- Put the phone on Do Not Disturb
- Get a sleep mask to block out light
- Stop napping during daytime hours
- Use earbuds or a sleep mask with Bluetooth speakers (as low as \$20) to play soothing sounds or sleep music
- Nap for only 20 minutes (set a timer)
- Set an alarm to remind you to prepare for bed
- Set an alarm to turn off your phone and lay down
- Set up a routine that will prepare your body to rest (shower, bath, lotion, quiet time, reading)



Move one of the improvement items to your weekly sheet and make a plan to follow through. What can you do now to remind yourself in the moment instead of defaulting to the old routine?

