

Checklist sleep

| | | | | |
|---|-----|-----------|-----------|-----|
| 1) Do you still have screens on after 9:30 PM? | no | sometimes | often | yes |
| 2) Do you go to bed at a fixed time? | yes | often | sometimes | no |
| 3) Do you get up at a fixed time? | yes | often | sometimes | no |
| 4) Do you go to sleep before 11:00 PM? | yes | often | sometimes | no |
| 5) Do you go outside in the morning? | yes | often | sometimes | no |
| 6) Do you have a regular eating pattern? | yes | often | sometimes | no |
| 7) Do you have enough relaxation in your day? | yes | often | sometimes | no |
| 8) You can relax easily? | yes | often | sometimes | no |
| 9) Do your relaxation exercises/meditation regularly? | yes | often | sometimes | no |
| 10) Is your bedroom completely darkened? | yes | often | sometimes | no |
| 11) Is your bedroom a pleasant place to stay? | yes | often | sometimes | no |
| 12) Is your bedroom free of electronics (TV, tablet, telephone)? | yes | often | sometimes | no |
| 13) Is your bedroom cool? | yes | often | sometimes | no |
| 14) Do you have a pleasant mattress, sheets and pillow? | yes | often | sometimes | no |
| 15) Are there bedmates that disrupt sleep (snoring partner, children, pets) | no | sometimes | often | yes |
| 16) Do you do strength training? | yes | often | sometimes | no |
| 17) Are you moving a lot during the day? | yes | often | sometimes | no |
| 18) Do you exercise after 8 p.m | no | soms | sometimes | yes |
| 19) Do you still drink coffee/energy drinks after 2 p.m? | no | sometimes | often | yes |
| 20) Do you take medications? | no | sometimes | often | yes |
| 21) Do you drink more than one alcoholic beverage after 6 p.m? | no | sometimes | often | yes |
| 22) Do you smoke? | no | sometimes | often | yes |
| Totals | | | | |
| Total | | | | |

Score:

for each question you answered with the first column: 0 points

for each question you answered with the second column: 1 point

for each question you answered with the third column: 2 points

for each question you answered with the fourth column: 3 points

add the scores from each column and calculate the total (maximum is 66 points)

The first column represents sleep-promoting behavior, the last for sleep-inhibiting behavior. So the higher the score the more you can do to improve sleep.

If you can answer all the questions in the left column, then all is well prepared and you can just let sleep come. Then try to let it go and if you don't fall asleep, think 'it doesn't matter that I'm not sleeping now, if I lie down quietly I will rest too'

Quote: *"Sadly, human beings are in fact the only species that will deliberately deprive themselves of sleep without legitimate gain."* Walker 2017

Explanation of the questions:

A - Biorhythm

1) Do you still have screens on after 9:30 PM?

Computers, laptops, telephones emit blue light. The brain knows that it is still daytime and no melatonin is produced. You will have more difficulty falling asleep. Apply the rule: 'at half past nine you have seen enough'. If no more emails or apps come in, the brain no longer has to be alert. A good idea may be to set a timer on the modem so that there is no WiFi after half past 9.

2) Do you go to bed at a fixed time?

Maintain a fixed sleep and wake time, the same on weekends as during the week. Changing sleep times always causes a little 'jet lag' that can disrupt the biorhythm. Don't try to catch up on sleep on the weekend, as this will disrupt your rhythm. If you have slept too little for a few nights, the body will compensate by allowing you to sleep deeper the next night.

3) Do you get up at a fixed time?

See question 2

4) Do you go to sleep before 11:00 PM?

Around 10am many people get a bit sleepy. This is the ideal time to go to sleep. Due to certain hormones, the time between 10 p.m. and 2 a.m. is the super sleep time. These hormones make recovery even more efficient. The expression 'the hours before 12 o'clock count double' has now been confirmed by scientific research. If you stay awake beyond that, many people experience a new wave of energy. This energy should actually have been used for physical recovery, but is now used for activities. The result is that you will be less fit the next morning.

5) Do you go outside in the morning?

Going outside between 7:30 and 8:00 stimulates the production of melatonin in the evening. A good alternative is a daylight lamp that provides an even stronger light signal than the early morning sun. Also effective in (winter) gloom.

6) Do you have a regular eating pattern?

A regular eating pattern contributes to a stable biorhythm

B - Relaxation

7) Do you have enough relaxation in a day?

A busy life usually also produces many thoughts and emotions. If you notice that they keep you awake, it makes sense to build more relaxation into the day.

8) Can you relax easily?

See page: Breathing

9) Do your relaxation exercises/meditation

See page: meditation / mindfulness

C - Bedroom

10) Is your bedroom completely darkened?

A completely dark room is best for sleeping. We need light to wake up refreshed. But if the room is completely darkened, no light comes in in the morning. That is a disadvantage. You can overcome this by purchasing a wake-up light. This means that it will become light very gradually in the morning and you will wake up naturally in your REM sleep phase. This will make you feel much fitter than being rudely woken up by a regular alarm clock that does not take your biorhythm into account.

11) Is your bedroom a pleasant place to stay

A pleasant bedroom, airy and cool, puts you in a calm, sleep-promoting mood. Don't turn the bedroom into a workplace. Do not use white light in the sleeper, choose yellow, red or orange (e.g. Himalayan salt lamps).

12) Is your bedroom free of electronics (TV, tablet, telephone)?

Bedroom is only for sleeping (and sex). The brain associates electrical appliances with being awake, active, alert, even when they are turned off. Don't use a phone as an alarm clock, use an alarm clock as an alarm clock. It is better to use a wake-up light. Electronics do not have a positive effect on intimacy within a relationship.

13) Is your bedroom cool?

A cool bedroom (18°) is better for a deep sleep. When you wake up, it can be nice to turn the pillow over so that it is nice and cool again.

14) You have a comfortable mattress, sheets and pillow?

Then it is a pleasure to go to sleep. Tight sheets give a hotel experience. You spend a third of your life in bed. Investing in a good mattress is not a luxury.

15) Are there bedmates that disrupt sleep (snoring partner, children, pets)?

Two separate mattresses and/or duvets and earplugs can provide more peace of mind. It may be wise to sleep separately (temporarily) until the normal sleeping pattern has been restored. If you cannot sleep, it can help to lie down on a fresh bed, if possible.

D - Movement

16) Do you do strength training?

All physical activity, but especially strength training, ensures that the body feels that it needs to recover, which causes hormones to be produced that promote sleep and recovery.

17) Are you moving a lot during the day?

A lot of physical activity releases stress hormones and increases your sleep debt.

18) Do you exercise after 8 p.m.?

Regular exercise releases stress and emotions, which is good for better sleep. But doing a competitive sport in the evening after 8 o'clock produces so much adrenaline that it can make it difficult to fall asleep. Training improves sleep, training improves. There is research that shows that exercising early in the morning has the most positive effect on sleep.

E - Nutrition

19) Do you still drink coffee/energy drinks after 2 p.m.?

Caffeinated drinks (coffee, energy drinks, many teas) suppress sleep debt. It takes up to 8 hours to break down half of caffeine. Remember that de-caf coffee still contains 30% caffeine. Research shows that people who drink coffee in the evening sleep less deeply. They often don't notice this themselves, but they are more tired the next day (which causes them to drink more coffee...etc).

20) Do you take medications?

There are many medications that have sleep disruption as a side effect. Check the package leaflet and contact your doctor if necessary.

21) Do you drink more than one alcoholic beverage after 6 p.m.?

Alcohol (even 2 units 6 hours before bedtime) can help you fall asleep, but it often means that you wake up less during the night and cannot fall back asleep properly. Alcohol changes your sleep pattern, making you recover less well. Alcohol can increase night sweats and worsen snoring and apnea.

22) Do you smoke?

Nicotine can disrupt the biological clock.

Some additional tips:

- A warm bath or shower in the evening helps you relax and 15% more deep sleep has been recorded.
- Taking melatonin is not recommended because it may disrupt your own body production. It can only be used to reset the biological clock, for example after disruption due to shift work or intercontinental travel.
- For some it works to have a fixed evening ritual, such as reading - warm bath - yoga - sleep. For others, this is counterproductive because they become more focused on sleep.
- Many sleep medications ensure that you sleep (slightly) longer, but usually disrupt the sleep pattern (less deep sleep) so that the end result may be negative.
- Audiobooks can be good sleep aids.
- Be kind to yourself.
- 400-600 gr of valerian 2 hours before going to sleep can have a positive effect. Selenium and magnesium are also linked to better sleep.
- Making love is a good sleeping aid
- A fakirma mat is also a good aid for falling asleep. At first it feels very tingling and the sensation will increase in the first few minutes. But the stimulating sensation causes the body to produce endorphins. These ensure that you become sleepy and ensure general well-being.
- Before going to sleep, quietly reviewing the past day and writing down any worries, thoughts and emotions can help you let go of them and fall asleep more easily
- Use the time you lie awake for meditation or breathing exercises ('low, slow and less'). Then your body enters the recovery phase. [meditation] [breathing]
- Make sure you never go to bed hungry or very full. A light protein snack 2 hours before bedtime can be fine. Not something with a lot of sugar!
- Not everyone responds the same to certain measures, try something out and see what works for you.