

Rise & SHINE

Why count sleep? One of the best ways to take care of yourself is to prioritize sleep. Sleep improves focus, provides energy, and being well rested can have a positive influence on making healthy choices like eating well and exercising often. Falling behind on sleep creates sleep debt which can add up quickly. Being aware of your sleep habits and repaying sleep debt can help you rise and shine each day!

How it Works

You're going to do a sleep audit!

It is recommended that adults 18 and over get at least seven hours of sleep each night, so that will be your target goal. If you find yourself napping, include that in your daily sleep total. Example below:

WEEK 1

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
7	7	6	8	6	6	7	47	49	-2

WEEK 2

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
10	7	7	7	7	6	9	53	49	+2



EFR EMPLOYEE & FAMILY RESOURCES

week ONE

Keep track of how many hours of sleep you get each day/night this week. The recommended average for adults is seven hours per night, or 49 hours per week is your goal. Let's see how you do! To calculate the balance, please subtract your total from the goal.

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	49	<input type="text"/>

Did you find yourself in sleep debt this week? Example, if you got 42 hours of sleep, you're in 7 hours of sleep debt and will need to find a way to catch up next week. If you have 51 hours of sleep, you have 2 hours of sleep in your savings account.

Fact of the Week:

While it may seem like a large amount of time, we spend approximately 1/3 of our lives asleep!

week TWO

Track your sleep again this week. If you have sleep debt from week one, try to make up the difference this week. If you had more than 49 hours in week one, you have some flexibility this week as you can borrow some hours from week one. If you were able to achieve 49 hours last week, try to do it again!

Week one sleep balance

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	49	<input type="text"/>

Did you break even, fall short, or add to your sleep bank for the week? Did you borrow any sleep from week one? Remember, you can only borrow if you have sleep in your sleep savings account.

Tip of the Week:

Social jet lag is when the amount of sleep your body needs is different than your schedule. While it can be tempting to stay up late on weekends or special occasions, it can make getting to work on Monday extra taxing.

week THREE

Week two
sleep balance:

The goal for this week is to set a bedtime! Now that you have a good idea of how much sleep you typically get, figure out what time you need to go to bed to get at least seven hours each night. If you need more than seven hours because you have sleep debt, plan time for extra zzzs.

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	49	<input type="text"/>

Thought of the Week:

You know how kids aren't on their best behavior when they don't get enough sleep? Adults are no different! Adults display different moods and behaviors when behind on sleep. Write down three ways you know you are in need of extra sleep based on how you act or feel.

1.

2.

3.

week FOUR

Week three
sleep balance:

S	M	T	W	R	F	S	TOTAL	GOAL	BALANCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	49	<input type="text"/>

Thought of the Week:

Do your eating habits change when you get more or less sleep? It's common for tired people to overeat and eat less healthy foods. If you are looking to lose weight, sleep is just as important as exercise!