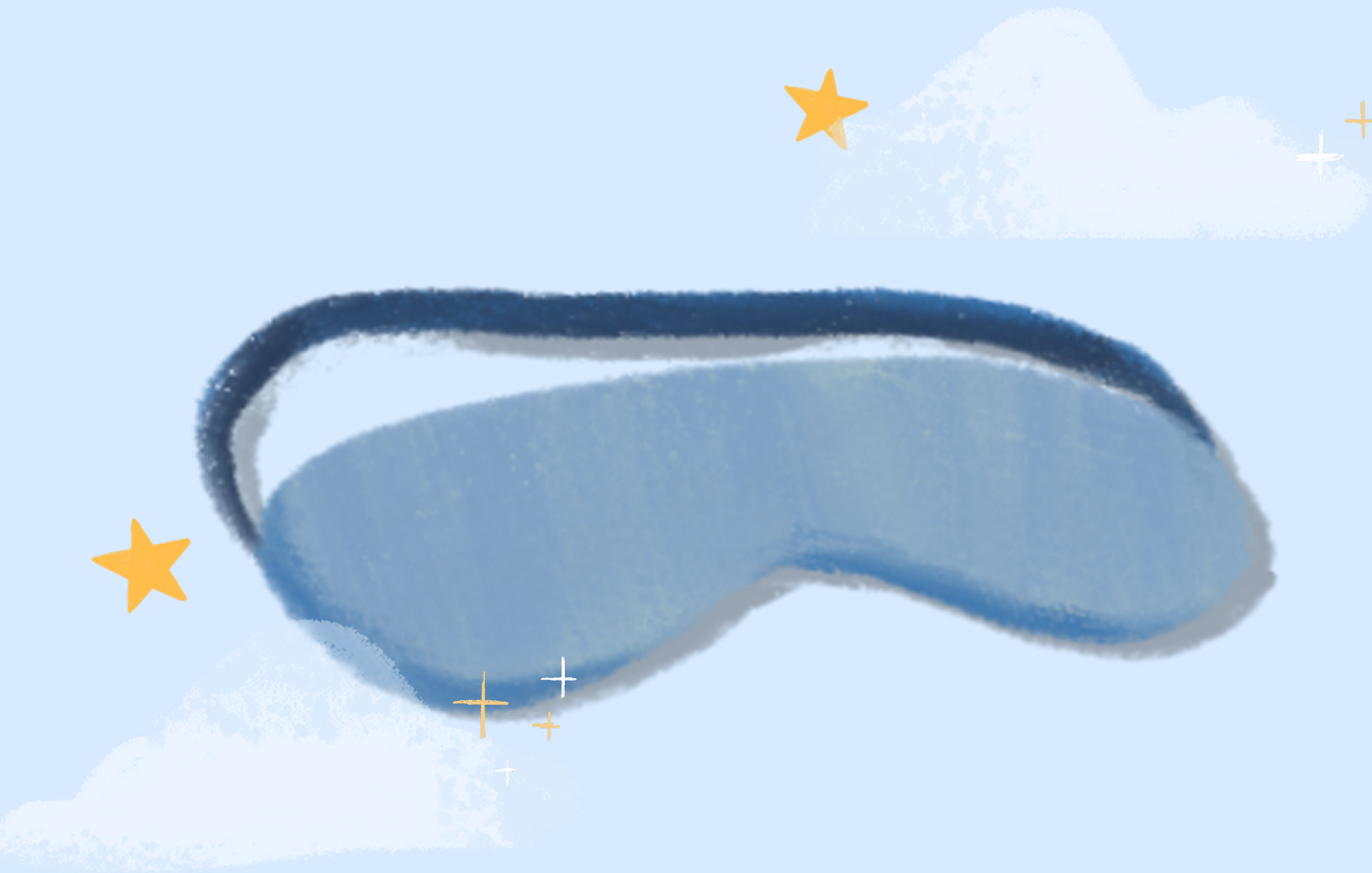


ginger



Workbook




# Good Nights, Better Days: Reset Your Rest with Healthy Sleep Habits

Live workshop on Thursday, March 16, 2023

# Make the most of this workbook

This workbook is a supplement to the Ginger workshop ***Good Nights, Better Days: Reset Your Rest with Healthy Sleep Habits***. We've put together a few recommendations on how you can get the most out of this workbook.

1. Use this workbook to follow along in the workshop.
  - Download this workbook.
  - Fill in this workbook by printing it or using a PDF filler on your device (such as [PDF Escape](#)).
  - Follow along during the workshop. The corresponding page will be listed on each slide.
2. Use the icons and tips throughout the workbook to start or enhance your own journey.
  - You will see icons with tips on ways you can utilize Ginger coaching and content after the workshop. *What do the icons mean?*

-  Take a moment to **reflect** on the content and how it may apply to your life
-  **Practice** what you're learning through prompts and exercises
-  **Tips** on how to engage with the Ginger app or a Ginger coach

3. Use this workbook for your own reflection. After the workshop, refer to this workbook during your personal time to reflect on specific prompts or questions.

## Not a member yet?

Speak with your HR or benefits manager to learn how to sign up for Ginger. If you have further questions, you can reach out to member services at [help@ginger.com](mailto:help@ginger.com).

# Good Nights, Better Days: Reset Your Rest with Healthy Sleep Habits

🗨️ Reflect: Why is learning about sleep important to you?

## #1: The importance of sleep


### Sleep—a building block for our health



Like food, water, and air, getting good quality sleep is essential to living a healthy life. In order to improve sleep, you must be ready to prioritize it as much as other areas of your life.

🗨️ Think about it: How do you feel a lack of sleep has impacted your life? Reflect on days or periods where you haven't gotten enough sleep and jot down some observations.

In the presentation, you learned which areas of your health are influenced by quality sleep. Whether it's decreasing stress and anxiety, regulating your appetite, or improving heart health—write down the reasons that resonated most with you about the importance of sleep.

 Reflect: What are the reasons that stood out most to you about why sleep is important?

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**Reference:** As a quick refresher, here are a few ways sleep impacts your body, mind, and health:

SLEEP INFLUENCES...
<ul style="list-style-type: none"><li>● Levels of stress and anxiety</li><li>● The ability to focus</li><li>● Feeling emotionally dysregulated</li><li>● Memory and alertness</li><li>● Brain function and cognition</li><li>● Heart health</li><li>● Hunger cues and appetite</li><li>● Memory</li><li>● Immune system</li><li>● Productivity</li></ul>

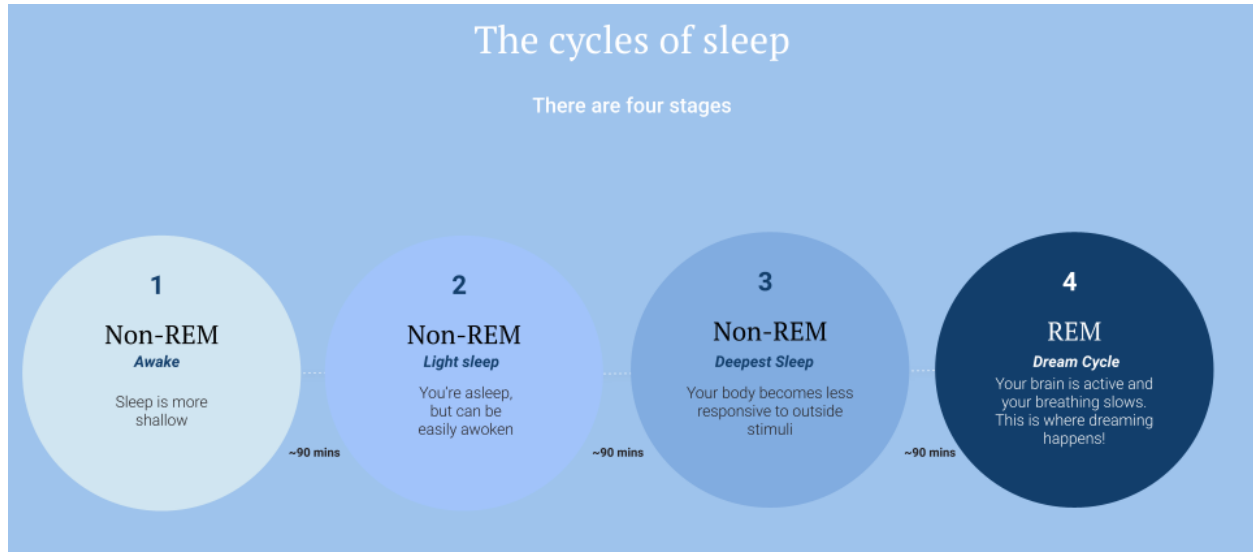
Take the above exercise a step further, and write a few sentences to define the “why” behind your commitment to prioritizing rest. Try using “I want” statements, instead of “I should.”

 **Example:** *I want to sleep more/better to lower my anxiety in the mornings.*

#1	
#2	
#3	

## #2: The science of sleep

As we are learning, sleep is a foundational part of our well-being. Here is a visual reminder about how our sleep cycles work:



And, a few more facts about the biology of sleep to note:

### Sleep by the numbers

- In a normal sleep period, a person experiences four to six sleep cycles.
- REM Sleep makes up between 20-25% of total sleep in healthy adults.
- On average, we spend about two hours per night dreaming.
- Body temperature during sleep drops by one to two degrees fahrenheit.
- Metabolism drops by around 15% during sleep.

👉 Before you start truly tracking your sleep, list on average how many hours of sleep you are getting a night.

Right now, I am getting about		hours of sleep per night.
My goal is to get about		hours of sleep per night.

### Tracking your sleep

To understand how best to tackle your sleep schedule, it's first important to better understand your sleep patterns and about how much sleep you're getting per night. You can take it a step

further and if you have a mattress, wearable, or another piece of technology that tracks your sleep, consider deep-diving into the data provided to be more aware of areas to adjust regarding your sleep tendencies (REM cycles, light sleep, bedtime, stress levels, etc.).

Use the below sleep log to manually collect data about your sleep habits. And, don't forget to write down notes about your energy levels the next day, if anxiety/stress is disrupting your sleep, and any other observations you may have during this focus on your sleep.

👉 SLEEP LOG										
	0-1hr	2-3 hrs	4 hrs	5 hrs	6 hrs	7 hrs	8 hrs	9 hrs	10 hrs	11+ hrs
M										
T										
W										
TH										
F										
S										
S										

OBSERVATIONS		ENERGY LEVELS (1-5) 1 = lowest energy, 5 = highest energy
	M	
	T	
	W	
	TH	
	F	
	S	
	S	

## Reference: Recommended hours of sleep



### Planning sleep accordingly

We learned that it's important to set aside an appropriate amount of time to fall asleep each night. Start to observe how much time it takes for you to fall asleep and make adjustments to your schedule accordingly. For example, if it takes you 30-45 minutes to fall asleep and you want 8 hours of sleep, try to be in bed 45 minutes before your calculated sleep time.


👉 Calculate how much time you need to account for in order to get enough sleep.

PROMPTS	MINS/HOURS
My sleep routine takes...	
It takes me this long to fall asleep...	
I want to get this many hours of sleep...	
<i>Add up the right column to determine the total time you need for your routine and getting in bed.</i>	=

## #3: Sleep disruptors and enhancers

### SLEEP DISRUPTORS

- **An imbalanced nervous system:** Stress, anxiety, overwhelming feelings, rumination, worry, racing thoughts, etc.
- **Improper sleep environment:** Uncomfortable bedding, pillows, mattress. Too much light. Issues with noise or room temperature.
- **Stimulants and other substances:** Caffeine, nicotine, alcohol, etc.
- **Food consumption and exercise:** Working out too close to bed (high-impact) or eating a large or heavy meal before bed.
- **Technology:** Too much screen time or binge-watching an intense show or movie.

 List some of the obstacles or disruptors you think are getting in the way of better sleep.

 *TIP: You can chat with a Ginger coach about ways to improve your sleep.*

### SLEEP ENHANCERS

- **Regulate your nervous system:** Try gratitude journaling, a sleep meditation, intentional/deep breathing, a warm shower, or a “brain dump.”
- **Make yourself comfortable:** Find your favorite pillow, make sure the temperature is the way you like it, turn on some relaxing music or a noise machine, close the curtains, and/or wear a sleep mask to ensure your environment is primed for rest.
- **Test and learn what works for you:** Notice if your caffeine cut-off time or consuming alcohol is impacting your sleep. Observe how long it takes for you to fall asleep. Take these variables into consideration to determine how you can improve your routine.
- **Prepare to wind down and prioritize sleep:** Try not to eat a big meal before bed, drink a cup of tea, or do some light stretching. Whatever it is, find activities that promote a sense of calm before you fall asleep.

 *TIP: Check out the Ginger app for more activities related to sleep in the Self-Care Library.*



*Reminder: The quality of our sleep determines the quality of our lives.*



## #4: Understanding and implementing sleep hygiene

### Defining sleep hygiene

*“Sleep hygiene encompasses both environment and habits, and it can pave the way for higher-quality sleep and better overall health.”*

### Sleep hygiene tips for day and night

DAYTIME REMINDERS	EVENING REMINDERS
<ul style="list-style-type: none"><li><input type="checkbox"/> Follow a consistent sleep &amp; wake schedule</li><li><input type="checkbox"/> Get natural sunlight in your eyes upon waking up</li><li><input type="checkbox"/> If you can't get sunlight upon waking up, then go outside at any point in the day to be in nature</li><li><input type="checkbox"/> Prioritize movement or physical activity</li><li><input type="checkbox"/> Be mindful of naps and when you take them—ideally, 30 mins, no longer than 90 mins</li><li><input type="checkbox"/> Be mindful of substances: nicotine, alcohol, and caffeine can impact sleep cycles even as early as in the afternoon</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Avoid heavy meals or eating a lot</li><li><input type="checkbox"/> Limit your screen time at least 1 hour before bed</li><li><input type="checkbox"/> Create a sleep-friendly environment: closed curtains, noise machine, etc.</li><li><input type="checkbox"/> Avoid viewing bright lights or blue lights as you near bedtime—if you have a lamp or a light dimmer, use them!</li><li><input type="checkbox"/> Try breathing exercises, light reading, relaxing music, meditation, etc. to promote a sense of calm—experiment to find out what works best for you!</li><li><input type="checkbox"/> Get into bed and prepare for sleep when you feel tired. Try not to push past your natural body clock.</li></ul>

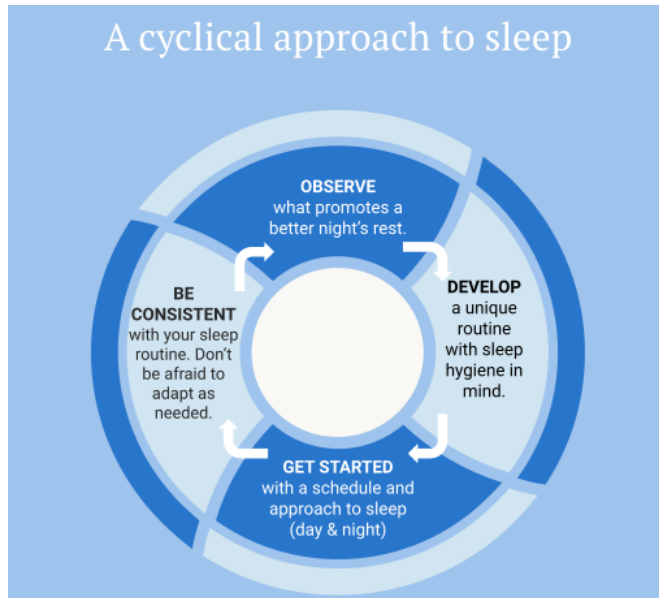
 **Take a moment to review the sleep hygiene tips above. Then, brainstorm below some ways you can experiment with these suggestions. Here are a few examples to get you started:**

- I will try cutting off my caffeine consumption an hour earlier than usual to see if that impacts my sleep schedule.
- I am going to go to bed when my brain/body feels tired.
- I am going to use only dim lights or candles after 8:30 p.m.
- I am going to research a relaxing stretching exercise to try before bed.

Now, write down some ideas you'd like to try!

## Don't forget about taking a cyclical approach to sleep

Reference the below graphic for a reminder that good sleep takes time. You can always start over, try new experiments with sleep hygiene, and adjust what's not working for you. All it takes is a little observation and bite-sized actions to make a change.

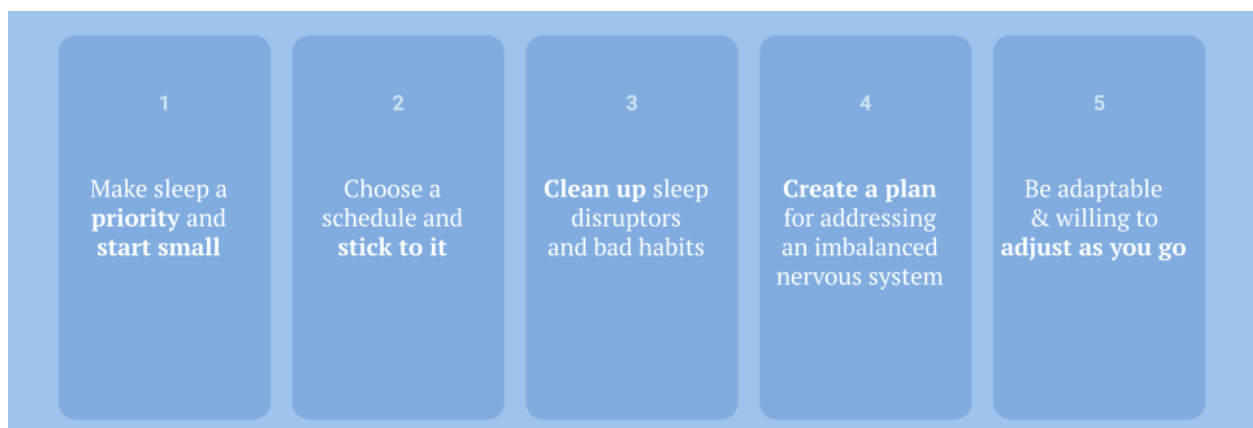


## #5: Building a sleep routine that works for you

### Intro to building a better sleep routine

As mentioned in the presentation, the best way to make changes to your routine is to start small. And remembering throughout the process that improving your sleep quality, duration, and schedule takes time and commitment.

### 5 things to keep in mind for a better night's rest:




💭 Think about it. What areas of your life or sleep routine are you willing to adjust first? Remember to keep it simple. Pick one or two things to adjust, and perhaps write out a few more incremental steps you can take in the future once you have consistently completed the first couple of changes. Ideas are:

- Changing sleep and wake times
- Trying to listen to a sleep meditation every night
- Reading before bed
- The list goes on...

Write down a few changes you're willing to make.


### SLEEP ROUTINE REMINDERS

- **Start small:** Reference the few things you chose to commit to above and stick to them. Make sure you're consistent in one area before tackling a new challenge.
- **Make sleep a priority:** Pick a schedule for your sleep and 1-2 new habits for your routine, and stick to them.
  - It's ok if you fall off your schedule now and then, but remember that consistency is key. Don't beat yourself up, just try again the next day.
  - Remember to account for the time you need for your sleep routine and how long it takes you to fall asleep when building your schedule.
- **Have a plan for your nervous system:** You may not always be struggling with difficult emotions or thoughts, but we all have nights when our minds won't stop or we're feeling stressed out. But, noting what *really* helps you calm down can be a great way to create a "toolkit" or specific plan when you're struggling with anxiety or stress.
- **Clean up your habits:** Start with what's easy. Maybe that's not eating a huge meal before bed, dimming bright lights, setting a screen time limit, reading a book, or another habit that's low-hanging fruit to eliminate.
- **Make your room a sleep sanctuary:** Are you sensitive to light? Try some light-blocking curtains or a sleep mask. Are you waking up because you're too hot at night? Turn on a fan, or reduce the heat in your bedroom. Do noisy neighbors disrupt your sleep? Try some sleep music or a noise machine.

 *TIP: Search the Ginger app Self-Care Library to help calm your nervous system. There are breathing exercises, journaling prompts, and more to lean on when you're struggling to sleep.*


## CONSIDERATIONS: NON-TRADITIONAL SCHEDULES

- **Make sleep a priority:** Even if you work a night shift or are up as a caregiver, make a commitment to yourself to figure out how to build a sleep routine that works for you.
- **Practice sleep hygiene tips:** Maybe not every suggestion is applicable, but experiment to find out which ideas feel relevant and implement them.
- **Create a custom environment to support you:** If you're a parent, make sure your baby's sleep environment is comfortable, dark, and calm. If you're a night-shift worker, try black-out curtains, a sleep mask, or a noise machine.
- **Prioritize rest:** Maybe you aren't getting the full amount of sleep you need a night, so if you can, try to nap consistently or even close your eyes for 15 minutes and breathe deeply. Every small bit helps.
- **Ask for support:** Whether you're a shift-worker, a new parent, or in another role that keeps you up at night, don't be afraid to ask friends, family, and coworkers (if applicable) to respect and support your need for sleep. Collaborating with people who understand your schedule can help you stick to it.

 **TIP:** *If you have a non-traditional working schedule or are a caregiver/parent, consider chatting with a Ginger coach to help you create a plan that supports your sleep needs.*

### Build your own sample sleep routine

Review the sleep routine tips and take time to write out an ideal routine for yourself. Remember, you don't have to make a bunch of changes all at once. You can make your routine realistic, or you can make it aspirational. If you choose the aspirational route, consider highlighting the "must-haves" vs. "nice-to-haves" when you're first starting out.

 Use this space to write down your wind down routine before bed. Once you have a set routine, you can print this out, highlight the most important steps, and post it somewhere as a reminder. There is no wrong way to build a sleep routine. Make it fun and supportive of what you need!

## Exercises to support your nervous system

### Feelings overload? Try a brain dump exercise.

It's harder to fall asleep on some days than others. Use this prompt to create a space to get out all of your worries and ruminating thoughts, so you can have an easier time falling asleep.

Remember: Don't be afraid to come up with a few different plans or schedules to suit what your brain and body need when rest feels challenging. Follow these steps for your brain dump:

- Find a quiet place: your bed, a cozy chair, or another favorite spot in your home.
- Give yourself 15-20 minutes to do this activity. You don't have to write the whole time; you can do a short meditation to start, or simply sit quietly and breathe.
- Set the mood: Turn down the lights, light some incense, or burn a favorite candle—create an environment around you that promotes relaxation.
- Set a timer for 20 minutes and don't think too hard. Jot down everything that comes to you. Stressors from the day? Write it down. Running list of to-dos? Write it down. Joyful moments? Write it down. No judgment, no trying to solve problems. Let it all go.


💬 After you're done, you can end with asking yourself: what's the next best step to prepare my body and brain for rest?

✨ **Bonus Content: Try this gratitude journaling prompt to ease your mind.**

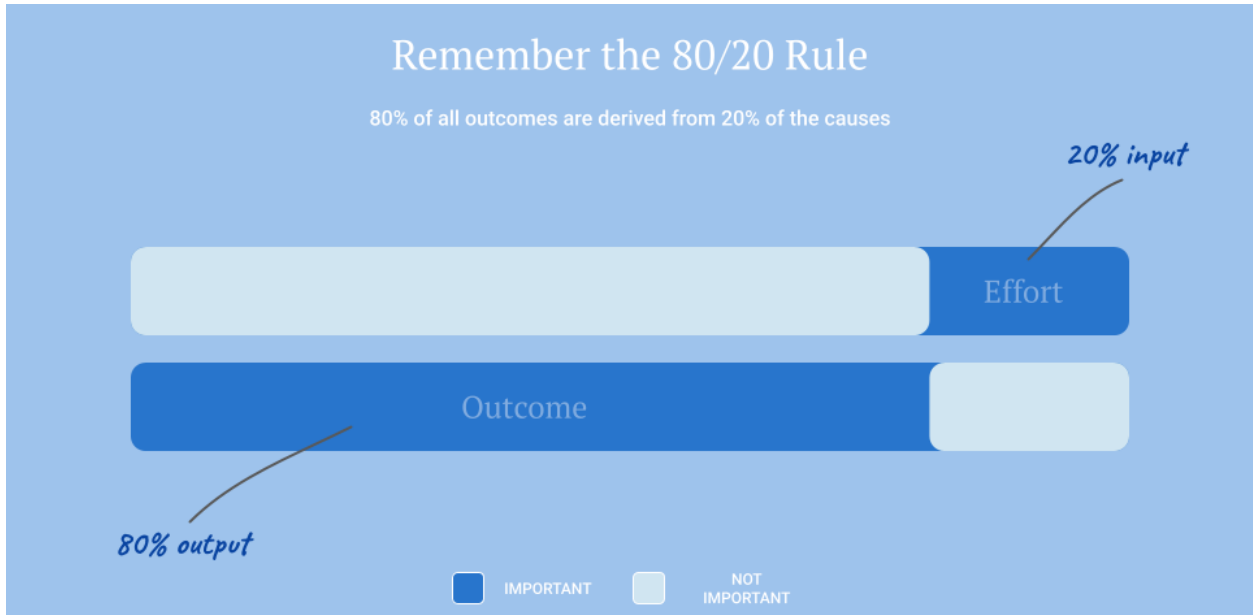
The time before bed can sometimes bring up challenging thoughts, fraught with tomorrow's to-dos, plans, and stressors. Take this time and space to write down something you're grateful for, or the things that are going well in your life. You can even choose to use this space to write something positive about a loved one—anything that will bring a smile to your face. It can be as simple as, "Today I received a compliment on my outfit and I felt good." Or, "I am grateful the sun was shining today and I was able to take a walk." Whatever it is, focusing your mind on gratitude or something positive can help promote a sense of calm.

## #6: The importance of self-compassion and sleep

The workshop covered a few things to remember when approaching your journey to a better night's sleep. Here are some practical tips to support a compassionate mindset when improving your sleep.

 *Reminder: When it comes to sleep, have a “progress over perfection” mindset. We are all human.*

**Keep in mind the *Pareto Principle*:** Focus your energy on what brings you the most value. Try different paths to a better rest until you find the most impactful habits that work for you.



**Support yourself with exercises that promote compassion and mindfulness.**

**Self-compassion mantras for sleep**

No one is perfect, so why should we expect our sleep to be? Reminding yourself before bed to have compassion for your new sleep habits and schedule is important in supporting your mind for a restful night. We listed a few mantras in the workshop (see examples below), but we hope you can create mantras that are unique to you!

- My body is relaxed and my mind is calm.
- I release all worries and find peace.
- Tomorrow’s problems can wait, I deserve rest.

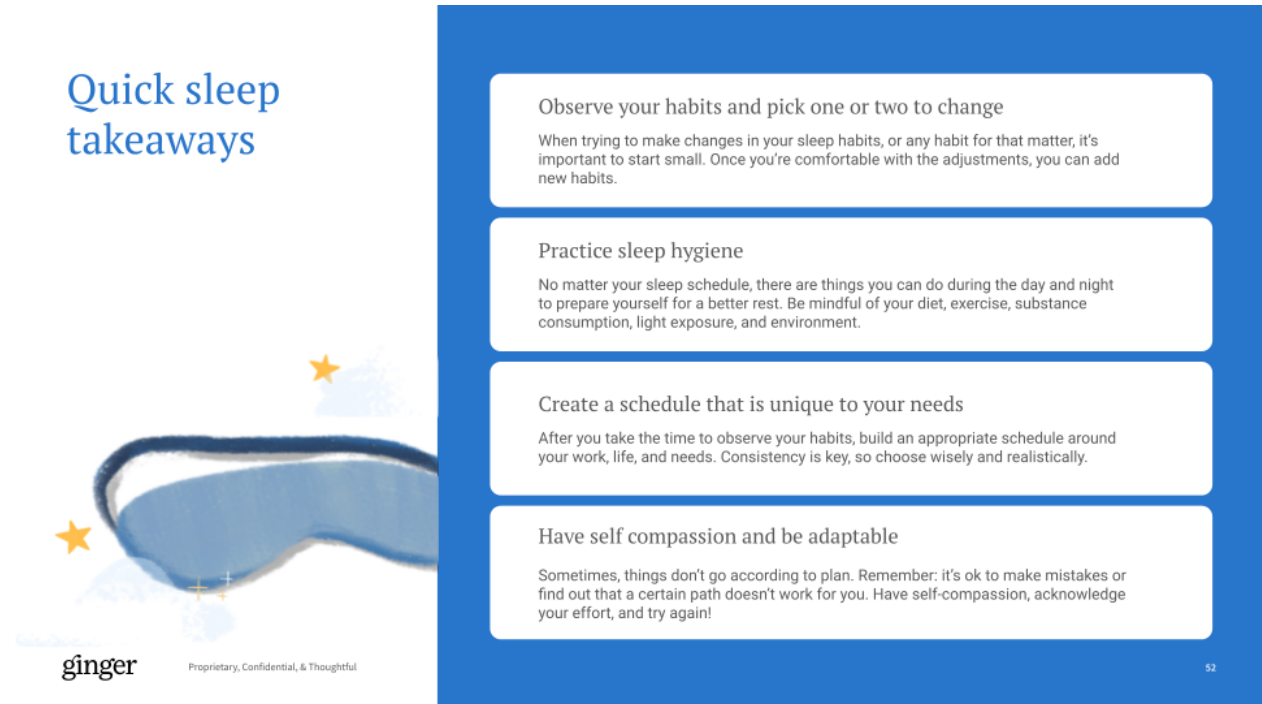
👉 Use this space to come up with some sleep affirmations or mantras of your own. If you’re feeling creative, copy your new mantras onto sticky notes, decorate them, and put them somewhere you can reference them before bed.

MANTRAS & AFFIRMATIONS FOR SLEEP		

# #7: Sleep takeaways, ideas, and questions.

## Workshop tips to support your sleep

Here are the top-line reminders from the workshop. You can use the final space below to add any other notes or ideas that you had during the presentation.



**Quick sleep takeaways**

**Observe your habits and pick one or two to change**  
When trying to make changes in your sleep habits, or any habit for that matter, it's important to start small. Once you're comfortable with the adjustments, you can add new habits.

**Practice sleep hygiene**  
No matter your sleep schedule, there are things you can do during the day and night to prepare yourself for a better rest. Be mindful of your diet, exercise, substance consumption, light exposure, and environment.

**Create a schedule that is unique to your needs**  
After you take the time to observe your habits, build an appropriate schedule around your work, life, and needs. Consistency is key, so choose wisely and realistically.

**Have self compassion and be adaptable**  
Sometimes, things don't go according to plan. Remember: it's ok to make mistakes or find out that a certain path doesn't work for you. Have self-compassion, acknowledge your effort, and try again!

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✍️ Use this final space to write down your own takeaways from the presentation, or any questions or answers that feel relevant to reference in the future. You can also add some notes to bring to a Ginger coach to keep the discussion going.

Thank you for joining us and wishing you much rest!  
- The Ginger Team



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**Thank you.**

