HYP Health and Wellbeing Reflection

– We Log Enough Sleep

Mission Goal

This mission is about making it easier for people to get enough sleep every night, and helping people recognise the many benefits of getting enough sleep.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| My sleep space is calm and peaceful and dark until morning. | [ ]  | [ ]  | [ ]  |
| My phone, tablet, computer stay off and/or out of the bedroom. | [ ]  | [ ]  | [ ]  |
| I avoid bright lights before bedtime. | [ ]  | [ ]  | [ ]  |
| I wake myself up by using bright, natural morning light instead of relying on an alarm. | [ ]  | [ ]  | [ ]  |
| The temperature where I sleep is not too warm and not too cold - it’s just right for me to feel comfortable when I’m in bed | [ ]  | [ ]  | [ ]  |
| My bed, pillows, bedding (sheets, blankets/quilt/doona) are comfortable. | [ ]  | [ ]  | [ ]  |
| I have the same sleep and wake time every night and morning. | [ ]  | [ ]  | [ ]  |
| I avoid substances that can prevent me sleeping (eg caffeine). | [ ]  | [ ]  | [ ]  |
| I don’t go to bed too hungry or too full. | [ ]  | [ ]  | [ ]  |
| I have a small drink of water before bed. | [ ]  | [ ]  | [ ]  |
| I switch of all screens at least 30 minutes before bed time. This includes mobile phone, computer, tablet, television. | [ ]  | [ ]  | [ ]  |
| I have less than 2 hours recreational screen time each day. | [ ]  | [ ]  | [ ]  |
| I do calm activities that help me wind down eg reading a relaxing book, listening to relaxing music, listening to meditation. | [ ]  | [ ]  | [ ]  |
| I am regularly physically active.  | [ ]  | [ ]  | [ ]  |
| I avoid physical activity a few hours before bedtime. | [ ]  | [ ]  | [ ]  |
| I get between 8 and 10 hours sleep each night. | [ ]  | [ ]  | [ ]  |
| On weekends and holidays, I limit sleep-ins to less than two hours after my normal wake time. | [ ]  | [ ]  | [ ]  |
| When I think about sleep, I have positive thoughts. | [ ]  | [ ]  | [ ]  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**