

# Sleep Scheduling Summary

## Mile Marker 2 - Sleep Scheduling

### Setting and Keeping Your New Sleep Schedule

#### Select a Wake Time that fits your life.

Keep in mind, your Maximum Time Allowed in Bed and your Earliest Bedtime are calculated based off of your Wake Time. Selecting a Wake Time that will allow you to meet all your daily obligations such as work, caring for children, gym time, etc. Your Wake Time should be the same every day, including your days off work and even after a bad night's sleep.



- When is your best Wake Time?

- Why is this time best for you?

- Example: "6 AM. This Wake Time allows me to wake up, have my shower and coffee, and get to work on time, etc."

#### Are you having trouble getting up and out of bed at your Wake Time? Here are some things that might help you.

- Use an alarm clock.

- Remind yourself, "It feels good to stay here in bed this morning, but if I get up now, it will get a little easier to get up early again tomorrow."

- Plan and do enjoyable early morning activities such as reading the newspaper, walking the dog, exercising, or taking a walk to have something to look forward to as you are faced with the decision about whether or not to step out of bed.

- What are some activities you enjoy doing in the morning that will motivate you to get up and out of bed on time?

#### Are you having trouble staying up until your Earliest Bedtime? Here are some suggestions that might help you.

- Remind yourself, "If I go to bed early, I will disrupt my sleep schedule."

- Plan and do activities such as walking the dog, meditation, stretching, or doing light chores around the house.

- What are some activities you enjoy doing in the evening that will help you stay awake until your Earliest Bedtime?

#### Are you someone who has always slept on a different schedule than most people? For example, you are a night owl and have always had difficulty getting up in time to get to school or work?

- If so, revisit the Sleep Check-Up now to be sure this is the right approach to your sleep difficulties: <https://www.veterantraining.va.gov/checkup/index.asp>