**Flourish SFU Natalie Cowell (this is when I called my insomnia programme Sleeper)**

**Sleeper Daily Checklist**

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| **Sleeper Method Daily Checklist** |
| **MORNING** |
| No matter how much you slept, it’s up at your prescribed time. |
| Commit to and follow the Sleeper daily Actions, they are your path to perfect sleep. |
| Watch your caffeine intake. |
| Remember your **Sleep cognitive Restructuring** thought. Think **Sleep = Pleasure** |
| Remember only engage in positive sleep talk, thinking or beliefs. |
| Remember that you are changing behaviour through your new actions. Behaviour is: the things that you think, say, believe, feel and what you choose to do. Apply fake it til you make it if you need to. |
| Remain calm and accepting of this situation– you can cope and get through this day well. This situation is *temporary* and it is *controllable*...by you! |
| Watch out for high carbohydrate and sugary snacks, we tend to eat more of these when we are tired. Eat a healthy good breakfast. |
| Breathe deeply and well – keep oxygenating your body. |
| Focus on what you do want and not on what you don’t want to happen. Use words, **IMAGERY** and your senses to tell the story of how you want it to be. |
| Drink lots of water to maintain alertness. |

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| **Sleeper Method Daily Checklist** |
| **LUNCHTIME AND AFTERNOON** |
| Make lunchtime the last time that you have caffeine for the rest of the day. Drink lots of cold water for alertness. |
| Find time to exercise. A ten minute walk at a good pace will be so much better for you than no exercise at all. Awaken to all your senses and stop living only with your thoughts. What can you see, hear, feel, touch and taste? |
| Remember only engage in positive sleep talk, thinking or beliefs. |
| Commit to and follow the Sleeper Daily Actions, they are your path to perfect sleep. |
| Remain calm and accepting of this situation– you can cope and get through this day well. This situation is *temporary* and it is *controllable*...by you! |
| Watch out for high carbohydrate and sugary snacks, we tend to eat more of these when we are tired. |
| Breathe deeply and well. |
| Focus on what you do want and not on what you don’t want to happen. Use words, **IMAGERY** and your senses to tell the story of how you want it to be. |

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| **Sleeper Method Daily Checklist** |
| **EVENING** |
| No caffeine or other stimulant drinks. These will block the path to sleepiness and sleep. Have calming drinks (with limited sugar in). |
| Put in place your planning to relax your mind and your emotions. Clear the daily emotions and give yourself permission to relax. Become very present, forget about the past and focus only on the future if there is a need to. |
| Remember you **Sleep cognitive Restructuring** thought. |
| Remain calm and accepting of this situation– you can cope and get through this day well. This situation is *temporary* and it is *controllable*...by you! |
| Remember only engage in positive sleep talk, thinking or beliefs. |
| Watch out for sleep saboteurs – stay awake until it’s your prescribed time to bed. Stay active and positive. This is short term change for the long term gain. . Remember tiredness is not the same as the body being biologically ready to sleep |
| Watch out for high carbohydrate and sugary snacks, we tend to eat more of these when we are tired, but they will unsettle you before sleep |
| Breathe deeply and well. |
| Focus on what you do want and not on what you don’t want to happen. Use words, **IMAGERY** and your senses to tell the story of how you want it to be. |
| Avoid alcohol too close to bedtime (leave a gap of two to three hours). |
| Drink water to maintain alertness, but reduce consumption closer to your bedtime, so that you won’t have a reason to wake in the night. |
| As best you can, reduce your exposure to light pollution. By reducing your exposure to light (which includes all technologies) you allow your melatonin levels to increase and prime your biological clock to induce sleepiness and slows your brain wave cycle. Invest in *red shifting* lights and apps for you blue screens. |
| SLOW you talking and thinking down, quieten your voice and mind. Give yourself permission to feel relaxed mentally and physically. Know that you are safe to relax. |