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Sleep Needs Worksheet

Date	Bedtime	Rise Time	Total Hours	Wakeups	Comments

Use this worksheet to determine whether you're getting your ideal sleep. Sleep is unique to you and very few studies have been done on women. Lack of sleep will negatively impact brain, muscle, body composition and risk of injury. On the other hand, improving your sleep even a small amount can improve your physical and cognitive performance, ability to optimize body composition through either fat loss or muscle gain or both.

Follow these steps to start. Depending on your schedule and time demands this may take you a few weeks to complete.

1. Choose three-to-five days/nights when you can manipulate bedtime and your wake time.
2. Record the time you turn out the lights. Do that when you start to feel tired and feel your eyelids heavy.
3. Record the time you wake naturally, without an alarm or signs of light (an eye mask is very helpful!)
4. Record any wakeups that occurred at night (to go to the bathroom or other wakeups)
5. Write down your total sleep time. Just use bedtime to wake time, don't rely on your tracker. You can make a note of it in comments.
6. In comments, record your energy level on waking, and throughout the following day.
7. Record the number of hours a night were you sleeping before this sleep needs experiment? _____
8. Record how many hours a night you needed once you did the sleep needs test, going to bed when tired and waking naturally. _____
9. What is the gap between your typical and your sleep need? _____

Create a better bedtime routine

Your consistent wake time is: _____

Set this as a consistent time 7 days a week.

Your ideal sleep number (hours) is: _____

This makes the ideal bedtime: _____

Your usual bedtime now: _____

To close any gap that exists, start by moving bedtime 15-20 minutes earlier per week until you are “caught” up giving yourself the sleep it needs. This easy increase will allow to adapt.

Consider removing activities that can disturb sleep for women in midlife and beyond:

- Watching a disruptive movie before bed
- Screens too close to you (phones, ipads, laptops, etc)
- Electronics plugged in close to head
- Too warm, light or noisy a room
- High intensity exercise late in the day
- Alcohol consumption
- Difficult or stimulating conversation too close to bedtime
- Eating too close to bedtime

Add things to improve your sleep:

- Exposure to sunlight during the day
- Physical activity during the day (time an intensity appropriate)
- Remove screens 90 minutes before bedtime
- Epsom salt baths 90 minutes before bed
- Infrared Sauna
- Magnesium supplementation
- Journaling
- A regular bedtime routine/hygiene
- Consistent bedtime/waketime
- Carbohydrates with dinner
- At least 2-to-3 hours between dinner and bedtime