

# The Five-Step Sleep Plan

by Nicola Morgan

## 1. Do the maths

From desired sleep length + wake time,  
work out **winding-down start**

EXAMPLE

- If you want 8 hours of sleep
- And your alarm will wake you at 07.00
- You need to fall asleep at 11.00pm
- Allow 20mins for falling asleep
- = light off at 10.40
- So, 2-hour winding-down begins around 8.40



## 2. Create your best sleeping space

Think “cave”

- Dark
- Quiet
- Safe
- Cool
- Comfortable – tidy?!



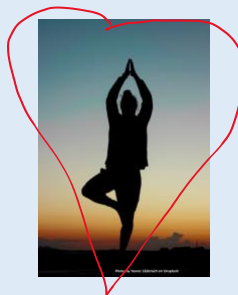
What can you do to control these things?

## 3. Check sleep positives and negatives

(See handout for complete lists)

Your 2 hour wind-down should include:

- Many sleep positives
- No sleep negatives



## 4. Build your OWN routine

This is the most important thing you will do

- Let teenagers build their own
- Help younger children

How:

Pick 4-8 Sleep Positives and put them in sensible order

Only rule:

- First one = remove daylight (including screens)



## Use the routine to change your circadian rhythms

You can shift this by around 20 mins at a time  
Each shift will need 5-10 days to settle

Bring start of routine 20 mins earlier  
(And finish 20 minutes earlier)

Also add morning daylight to help waking



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## 5. Once in bed

Control your mind

- Don't try too hard to sleep
- Don't look at your clock
- Don't let the worries in
  - Learn mind tricks to direct thoughts (ideas in my book and on website)
  - Think beautiful or boring – or useful
- If sleep won't come and is bothering you, get up – read, jigsaw, potter
- Never worry about performance next day – adrenalin will help



We all sleep badly sometimes but following this plan every night WILL help.

More tips in **The Awesome Power of Sleep** and on Nicola's website.  
Contact her for any questions. Sleep well, live well, be well!