



The Center for Pediatric Sleep Medicine at CHKD

Sleep Plan 101 – Sleep Well to Improve You!

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This sleep plan will get you to a reliable, restful, and restorative sleep. It requires two weeks to implement. Do you have two weeks to fix your sleep and feel better?

1. Prepare for sleep at _____.
2. Use a strict, written routine to get ready for bed. Quiet ... routine ... repeated nightly.
3. All technology should be turned off 30 minutes before prep time.
4. You will get in bed at _____.
5. Dim lights.
6. Use white noise. Sound should be benign and boring. No talking, singing, or vocal music. Think of the sound of an old box fan.
7. No clock should be seen. This includes cell phones. They should be off or on silent.
8. Read. You can read something in bed, but not homework, and not something entertaining. If you do not enjoy reading, that's OK. The goal is a benign activity that allows sleep to arrive sooner. So, find something to read.
9. No tablets, iPads, or Kindles. Read a book, with actual pages.
10. Still reading? This is okay. Sleep will come. Try not to worry about it.
11. Remain in bed. If you wake, read.
12. You will get up at _____ every day for these two weeks.
13. When you wake, you want bright light and noise (your choice).
14. Take a bath or shower if it will help you wake up.
15. NO NAPS during this two-week period.
16. Do you worry a lot? Stress about class, friends, sports, or family?
 - Stress in any form is the enemy of sleep.
 - Talking to someone not related to you is worthwhile.
 - Exercise is your friend, but never close to sleep time. Try 30 minutes of safe, scheduled, moderate exercise earlier in the day.
 - Treating anxiety or mood effectively is very helpful.
17. Remember, this is for two weeks. Do not change the sleep plan on the weekends.
18. You need to prepare your days for the consequences of starting this sleep plan.
19. School and work must be in line with the ability to comply with the sleep plan.
20. Once you have consolidated sleep, you can adjust or modify times. This should be done slowly, in 15-minute increments.
 - Example: In bed at 11:30 p.m., up at 6 a.m. Now sleep is consolidated. Move bedtime to 11:15 p.m. or a week. If sleep is still consolidated, but still feeling sleepy, then move bedtime to 11 p.m.

If you can prioritize quality sleep as a part of your life, you will be healthier and happier!

(see instructions on back)

Instructions

- **In-bed and wake times:** Realize that every person has an individual need for sleep as a time component (I might need 8 hours, you may need 7.5 or 9. Start with the smallest window of total sleep time that you expect you can achieve. But, do not go below 6 hours total as a starting point.
Example - "I will go for 7 hours." So, prepare at 11:30 p.m., in bed at midnight, up at 7 a.m.
- **The two-week window:** Once sleep is consolidated, you can now adjust your in-bed time, and this will NOT likely take the entire two weeks. Don't rush it, stick to the plan. See number 12 and 20.
- **Write your plan out:** I often have kids and parents sign the plan as a "contract." Tape a copy to your bedroom door or refrigerator. Remember, once you have solid sleep at night for a number of days, rewrite your plan with the sleep time adjusted, see number 20.

Example of plan -

- Technology off 11 p.m.
 - 11:30 p.m. start sleep plan.
 - Say goodnight to family.
 - Brush teeth.
 - Put on pajamas.
 - Turn on white noise.
 - Turn on night light.
 - Set alarm (but no tech access at night, keep phone on silent or do not disturb).
 - Read book.
 - In bed at midnight.
 - Alarm, wake to noise, bright light at 6:30 a.m.
- **Realize that your days will not be awesome to start:** You must be able to tolerate, adjust, or modify your day to be successful (see number 18 and 19). Do not start your plan the week of finals, for example. No one who is just getting sleep organized is a lovely person during the day. You and your family need to be aware of this and be empathetic, but stay the course!

