

# Personal Vitality Rebate

Power Sleep

## Personal Sleep Study

### A. SLEEP ENVIRONMENT

Go through your bedroom/hotel room and evaluate the following items:

Bed location: Is the bed in direct sunlight? From your bed what lights do you see? Is your bed close to a fan or ventilation duct that may impact your sleep temperature?

Bed linens and pillows: Are your sheets comfortable (for winter or summer)? Is your bedding allergen-free? Are your pillows the proper hardness (soft, medium, hard)? How old are your pillows?

Mattress: How old is your mattress? Is your mattress worn out with dips and crevices where your hips and shoulders hit? Does your mattress keep your spine in the same alignment as when you're standing?

Light and Sound: What is plugged into the wall sockets in your room? Do any of these items create a buzzing sound or light?

Temperature: What is the temperature of the room? Is it too hot or too cold?

### B. SLEEP RITUALS

- |  |            |           |                 |
|--|------------|-----------|-----------------|
| Did you eat anything before going to bed? If so, what?                               | <b>yes</b> | <b>no</b> | what? _____     |
| Did you drink any alcohol? If so, how much?  | <b>yes</b> | <b>no</b> | how much? _____ |
| Did you listen to any soothing or relaxing music?                                    | <b>yes</b> | <b>no</b> |                 |
| Did you watch any TV? If so, what did you watch?                                     | <b>yes</b> | <b>no</b> | what? _____     |
| Did you do any relaxation techniques, stretching, etc. to help you relax before bed? | <b>yes</b> | <b>no</b> |                 |
| Did you drink anything special (other than alcohol) to help you relax before bed?    | <b>yes</b> | <b>no</b> |                 |
| Did you take a warm shower or bath?  | <b>yes</b> | <b>no</b> |                 |
| Did you do any mental imagery to help you turn your mind off and relax into sleep?   | <b>yes</b> | <b>no</b> |                 |

### C. SLEEP SCHEDULE

Having consistent sleep and wake times is a great way to stabilize your sleep cycles and improve the quality of your sleep.

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		<i>Saturday</i>		<i>Sunday</i>	
Wake	Sleep	Wake	Sleep	Wake	Sleep	Wake	Sleep	Wake	Sleep	Wake	Sleep	Wake	Sleep

### D. STRATEGIC NAPPING

- To quickly shed sleepiness - 1 to 5 minutes
- To increase performance after nap - 5 to 30 minutes
- To make up for lost sleep (weekend) - 90+ minutes

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		<i>Saturday</i>		<i>Sunday</i>	
Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No