



Conscious Life presents

# SLEEP SUPER CONFERENCE

# Sleep Tracker



# Introduction

Everyone has experienced sleep loss occasionally as a result of life events, illness, injury or travel. However, if you're consistently feeling unrested, we hope that the interviews, practices and techniques at the Sleep Super Conference will get you well on your way to better rest.

As part of your sign up for the sleep tracker, you get a free ticket to the Sleep Super Conference as well as Alex Howard's free webinar *The Four Pillars of Deep Sleep*. Alex describes the four pillars as:

**Mental:** your thoughts throughout the day and your mindset around sleep

**Emotional:** unprocessed emotions, trauma, and triggers

**Physical:** exercise, exposure to sunlight, and nutrition and hormones

**Behavioral:** sleep hygiene, using devices, exercising or consuming caffeine or sugary foods too close to bedtime.

To assess these pillars, we invite you to spend two weeks tracking a few things during your day. Each factor taken on it's own probably won't ruin a night of rest, but when you add them up over the course of a day, it can become clear why you can't fall asleep, wake in the middle of the night, or wake up feeling unrested and groggy before you even start your day.

Using the behavior tracker we've provided, follow the instructions and put the letter in the box corresponding to the behavior at the time it occurred. There's absolutely no judgment allowed. You're merely collecting information so you can adjust the choices you make if the data reveals one of your behaviors might be disrupting your sleep.

# Two Week Sleep Diary

## Instructions:

- 1) Fill in the date
- 2) Fill in the letter that corresponds to the correct item at the time it occurred:
  - “U” for stimulants like caffeine, tobacco and some medications
  - “S” for sedatives like alcohol, marijuana and sedative medications including sleeping pills
  - “D” for electronic device use like smart phone, tablet, computer or television within three hours of your intended bedtime
  - “E” for exercise
  - “B” for the time you got into bed with the intention to sleep
  - “Z” for the approximate time you fell asleep, took a nap or fell asleep unintentionally
  - “W” for any times you woke up throughout the night
  - “O” for the time you got out of bed to start your day
- 3) Make a note of any special circumstances in the space provided

## Examples:

Date	12 AM	1	2	3	4	5	6	7	8	9	10	11	Noon	1 PM	2	3	4	5	6	7	8	9	10	11
10/12													U			Z	Z			S	D	D	D	B
10/13	Z	Z	W	Z	Z	Z	O																	

### Notes of Special Circumstances:

On 8/10 I had a big presentation and my anxiety caused me to take longer to fall asleep the night before. On 8/14 I had a sick child who woke up several times in the night. On 8/12 I was feeling tired, so I had a caffeinated soda at lunch which was not normal for me. 8/15 Partner reported I snored often and loudly all night – consumed beer before bed.

**Week 1:**

Date	12 AM	1	2	3	4	5	6	7	8	9	10	11	Noon	1 PM	2	3	4	5	6	7	8	9	10	11

**Notes of Special Circumstances:**

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**Week 2:**

Date	12 AM	1	2	3	4	5	6	7	8	9	10	11	Noon	1 PM	2	3	4	5	6	7	8	9	10	11

**Notes of Special Circumstances:**

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Well done! You've completed two weeks of observations about your habits, behaviors and nutritional choices. Now look at the trends. How do your observations correlate to the Four Pillars of Sleep: mental, emotional, physical and behavioral? What would you say might be the most important thing to change? What might be the easiest adjustment to make? Rather than try to change everything all at once, you'll be the most successful if you identify a few areas of improvement and make one change you can stick to every two weeks.

For example, maybe you remove all electronics from your bedroom (including your phone!) and adjust your bedtime routine to reading a book, or doing a mindfulness meditation as you get ready for sleep. There are gentle restorative body movement sessions designed for rest and relaxation and guided breathwork available throughout each day of the Sleep Super Conference if you'd like to give this a try.

It will take a minimum of two weeks for your body to adjust to a new routine and for you to truly assess whether the change has had a positive impact on your rest. Perhaps an easier change to make would be to lower your caffeine intake either by consuming fewer caffeinated beverages a day, or by switching to half caff or decaf instead so you can continue the ritual while lowering the stimulant response.

**Did you know  
caffeine has  
a half life  
of about  
5 hours?**



This means that 5 hours after your morning cup of coffee, you'll still have half the caffeine you consumed in your system.



5 hours later, you'll have a quarter of the caffeine left, which explains why that pick me up soda, coffee or tea after lunch can have you staring at the ceiling in bed sleepless but tired.

Dr. Nicole Moshfegh and Dr. Ellen Vora both do a deep dive on how nutrition, stimulant and sedative foods and medications can have an impact on your sleep. Each day of the conference features interviews with experts that include techniques and tools you can apply today to start making adjustments to your behaviors and improve your sleep.

Fill out the prompts below to help you keep track of your progress and note any positive or negative changes as a result of any adaptations. Be patient with yourself as you make adjustments to the changes. We've included an example on the following pages.

**Physical**

Observation: .....

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Adaption: .....

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Outcome: .....

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**Mental**

Observation: .....

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Adaption: .....

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Outcome: .....

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**Emotional**

Observation: .....

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Adaption: .....

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Outcome: .....

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**Behavioral**

Observation: .....

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Adaption: .....

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Outcome: .....

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# Examples

## Physical

**Observation:** I'm not getting much exercise during the week, even though I know it will improve my sleep.

**Adaption:** Take one walk a day minimum for 30 minutes. Increase time, distance and speed as I am able. If weather doesn't permit, a dance party is a good alternative to walking.

**Outcome:** My mind is not racing when I get into bed at night and my body doesn't feel wired like it does when I sit at my desk all day. I think I'll keep this habit going and maybe add some resistance training in gradually a few days a week.

## Mental

**Observation:** My mind is racing at night with all of the things I didn't have time to worry about during the day.

**Adaption:** Before I lay down to sleep each night, I give myself ten minutes of worry time. What feels urgent? Then I make a list of the things that are in my control and what I need to do in order to feel ready to deal with them the next day.

**Outcome:** There are still things I worry about that are out of my control that occasionally keep me up at night, but the volume has decreased significantly. What used to feel like an unending ticker tape of worries concerns and stresses is much more manageable when I give my brain time to tell me all of its concerns before I try to sleep.

## **Emotional**

**Observation:** I have been carrying around a lot of resentment toward my partner for not contributing as much to the household duties and leaving me to pick up the slack. These resentments are one of the things that keep me up at night ruminating about how powerless I feel in the situation and angry.

**Adaption:** I allow myself to write the truth of these feelings down. When the anger or sadness or whatever emotion associated with it calms down a little bit, I'm able to approach my partner and tell them how I feel.

**Outcome:** It turns out my partner was battling a bunch of things I had no idea about and they are unable to contribute to the household duties in the way I'm accustomed to. Had I not calmly approached them with curiosity in my heart, I would have had no idea they were suffering. Now my household duties feel like support instead of a burden and we have a plan to get them the help they need to feel more like themselves again.

## **Behavioral**

**Observation:** I go from watching tv late into the night to my bed where I stare at my phone for an hour before attempting to fall asleep while reading a book on my phone. I've learned all of this exposure to blue light impacts my body's sleep cues and hormone release of melatonin – which help with sleep.

**Adaption:** I've installed f.lux on my device to minimize blue light exposure at night, and I set a curfew for device usage about an hour before I plan to go to sleep. If I'm still not tired, I read a physical book—then when I'm ready to fall asleep I turn out the light.

**Outcome:** Most nights I fall asleep much easier than before. I sometimes still struggle to fall asleep, so I've incorporated blue light glasses into my device usage at night for things like watching tv once it gets dark.