

Your Ideal Day Schedule (IDS) to improve Sleep

A key factor to better sleep is to have a routine going to bed and getting up time in order to set your internal clock. On your “**Ideal Day Schedule**” (IDS) write down what time you would ideally like to go to bed at, 10pm? 11pm? 12am? Then write down when you wish to get up at, 6am? 8am? 10am? Be realistic. Please realize that nothing you write here is set in stone, this is simply a guideline that YOU are choosing for YOURSELF.

1. Physical activity and spending time outdoors during daylight hours are two very important actions to improve your sleep quality. If the weather permits (meaning no rain or snow storm), you should make every attempt to simply walk outside for 30-60 minutes. The body’s natural circadian rhythm relies on experiencing daylight in order to experience night time and the sleep that is associated with it. You may do a one 60-minute or two 30-minute outdoor walking sessions. If for various reasons you are unable to walk for 30 minutes continuously, then breakdown your outdoor walking schedule into 10 minutes at 3 separate times in a day. If 10 minutes is not possible, then 5 minutes of outdoor walking would still be of great benefit. Mark on your **IDS**, and schedule in “**outdoor walking**”. Do everything in your power to stick with a schedule, if it’s raining, take an umbrella, if it’s cold, dress up warm, if you’re tired, just go for a shorter walk, if you’re not in the mood, ask someone to come along with you.

2. Music therapy may also help to uplift mood and improve your sleep. Mark on your calendar when you will put time aside to simply listen to 20 minutes of music with headphones, eyes closed and no distractions. It must be music that you ENJOY! Go ahead, mark on your **IDS**, when you can do “**music therapy**”.

3. Regular mindfulness meditation has been shown to help calm the nervous system and improve sleep quality. Put on your **IDS** when you will put 5-30 minutes aside to practice “**mindfulness meditation**” with eyes closed and no distractions. 8am? 8pm? Anytime!

4. Limiting sugary and caffeinated drinks throughout the day may also help your sleep quality, so write in your **IDS** when you will “**drink water**” (a full cup) three times a day. How simple is that?

5. Diet can often negatively affect sleep quality, so make a point of eating dinner and not consuming ANYTHING after dinner other than water. No alcohol, caffeinated teas, coffee, sugary snacks, etc. Make a point of not eating ANYTHING after a certain time in the evening. Start your fasting until you break your fast at breakfast the next morning. For example mark on your **IDS** “**Dinner**” at 6pm and “**Fasting**” at 7pm, meaning than after 7pm you will not consume anything other than water or necessary prescribed medications.

Ideal Day Schedule (IDS)

Be specific, be realistic and flexible!

Time	In my ideal day I will...	<input checked="" type="checkbox"/>
6 am		<input type="checkbox"/>
7 am		<input type="checkbox"/>
8 am		<input type="checkbox"/>
9 am		<input type="checkbox"/>
10 am		<input type="checkbox"/>
11 am		<input type="checkbox"/>
12 pm		<input type="checkbox"/>
1 pm		<input type="checkbox"/>
2 pm		<input type="checkbox"/>
3 pm		<input type="checkbox"/>
4 pm		<input type="checkbox"/>
5 pm		<input type="checkbox"/>
6 pm		<input type="checkbox"/>
7 pm		<input type="checkbox"/>
8 pm		<input type="checkbox"/>
9 pm		<input type="checkbox"/>
10 pm		<input type="checkbox"/>
11 pm		<input type="checkbox"/>
12 am		<input type="checkbox"/>
1 am		<input type="checkbox"/>
2 am		<input type="checkbox"/>

"Things that get scheduled are the things that get done." Robin Sharma