***FERRET Sleep Hygiene Program Design***

Name: Div.: Date:

Use the information from the Sleep presentation to create your own FERRET guidelines for ensuring a good night sleep:

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| --- | --- | --- | --- |
| Themes | **Guideline 1** | **Guideline 2** | **Guideline 3** |
| **Food** |  |  |  |
| **Emotions** |  |  |  |
| **Routine** |  |  |  |
| **Restrict** |  |  |  |
| **Environment** |  |  |  |
| **Timing** |  |  |  |

\*Remember it won’t always be perfect so don’t stress if you can’t always follow the plan – best thing for sleep is to relax!

Sample

|  |  |  |  |
| --- | --- | --- | --- |
| **Theme** | **Guideline 1** | **Guideline 2** | **Guideline 3** |
| **Food** | **Don’t drink anything 30 minutes before bed** | **Stay away from food and caffeine 3 hours before bed.** | **Don’t over eat, or go to bed hungry** |
| **Emotions** | **Set a time during the day for things you want to think about or plan** | **Wind down and relax 30 minutes before bed** | **Try not to worry, think about things, or plan things in bed** |
| **Routine** | **Wake up and go to bed the same time everyday** | **Bring light into your room when you wake up and dim the lights before bed** | **Your sleep routine should be kept the same everyday** |
| **Restrict** | **No electronic media (ipods, phone, tv, etc.) 30 minutes before bed** | **No exercise 3 hours before bed** | **Don’t do anything else in bed except sleep (no eating, or homework)** |
| **Environment** | **You should be comfortable in your pajamas in your bedroom** | **Control light, temperature, and noise** | **Keep clocks faced away from your bed** |
| **Timing** | **Try not to sleep more or less than your recommended amount of sleep** | **The rules have been kept at 30 minutes before bed or 3 hours for you to remember them easily** | **Try to stick to the rules** |