

Current Sleep Situation—Noon to Midnight

Use this to keep track of your sleep. Print as many copies as you need to in order to get some good data to present to your doctor—1 week=2 pages. Use the following symbols to make it clear what happened.

Legend

X—went to sleep

P—took sleeping pill (you can also note other medications)

■—time asleep (i.e., shade boxes for time you're asleep)

A—alarm or final awakening

O—tossing & turning

Use the second line for each day to write notes about what you're doing, medication names, and other pertinent information.

| | PM | | | | | | | | | | | |
|-----------|------|---|---|-----------|---|---|---------|---|---|---|----|----|
| | Noon | | | Afternoon | | | Evening | | | | | |
| | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Sunday | | | | | | | | | | | | |
| Monday | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | |

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| ■—time asleep (i.e., shade boxes for time you're asleep) | A—alarm or final awakening |
| O—tossing & turning | Use the second line for each day to write notes about what you're doing, medication names, and other pertinent information. |
| ↑—got out of bed | |

| | AM | | | | | | | | | | | |
|-----------|----------|---|---|---|-------|---|---|---|---------|---|----|----|
| | Midnight | | | | Night | | | | Morning | | | |
| | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Sunday | | | | | | | | | | | | |
| Monday | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | |
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| Friday | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | |

My Evening/Bedtime Routine—Timing

Some people have a really long, complicated bedtime routine. I've seen it suggested that parents begin their routine as soon as their young children are in bed! The good news is that you don't need to follow anyone else's recommendations, you just need to figure out what works best for you. Answer the questions on this worksheet to determine what activities will help you get to bed and to sleep on time, as well as what exactly constitutes "on time". See the last page of this printable for some information on things people have found helpful for their sleep.

Figure Out When to Be in Bed

What time do you need to get up (we will tackle morning stuff another time)?

Find your age bracket on the chart below and circle the sleep requirements.

| Age Group | Recommended Amount of Sleep |
|-------------------------------|---|
| Infants 4 months to 12 months | 12 to 16 hours per 24 hours, including naps |
| 1 to 2 years | 11 to 14 hours per 24 hours, including naps |
| 3 to 5 years | 10 to 13 hours per 24 hours, including naps |
| 6 to 12 years | 9 to 12 hours per 24 hours |
| 13 to 18 years | 8 to 10 hours per 24 hours |
| Adults | 7 or more hours a night |

Subtract the number of hours of sleep you need from the time you need to get up. That's when you need to be in bed. For example, if I need to get up at 8:00 a.m. and I need at least 7 hours of sleep, the latest I need to be in bed is 1:00 a.m. Later than that will put me in a sleep deficit or cause me to oversleep.

Get up at Need hours of sleep; that means be in bed by at the latest.

Current Sleep Situation (Redux)

What time do you usually go to bed?

What time do you usually get up?

How much sleep are you getting, on average?

Is that amount more or less than the recommendation on the chart?

What are some of the reasons the numbers don't match?

My Evening/Bedtime Routine—Setting it Up

What activities do you *need* to do before you go to bed?

What activities do you *want* to do before you go to bed?

How long does each activity take? Is the total time more than you have between your last meal and your bedtime?

Of these activities, which do you need to do every day, and which could be separated out to be done once or twice a week instead?

What order do you currently do these activities? Does that order need to change?

Use the routine worksheets to get your bedtime routine sorted out and planned. Then use the Contingency Cards to create a pared-down version you can use during the holidays.

Suggestions to Help With Sleep

The ideas here are a combination of submissions to the Actually ADHD Tumblr, things that help J, and suggestions gleaned from a variety of sleep-related sources. Try the ones that sound like they might help, and let us know which are good!

If you're too restless:

1. Hug/hold a soft toy.
2. Try meditation.
3. Get a weighted blanket.

If there's too much noise:

1. Wear earplugs.
2. Play quiet music right by your bed.
3. Run a fan or other white noise producer.

If you're hyperfocused on something and not going to bed:

1. Get an alarm app (Alarmy is available for Android and iOS) that will require you to get up and do something specific to get it to turn off. This will break your hyperfocus and you can move on to complete your bedtime routine.
2. Once you're in bed, redirect your thoughts when they try to go back to whatever you were hyperfocused on.

If you can't fall asleep because you're not getting tired:

1. Try taking melatonin.
2. Eat or drink something with calcium in it every day.
3. Try doing something physically, mentally, or emotionally draining to tire yourself out.
4. Watch "satisfying" YouTube videos.
5. Work on puzzle books (e.g., Sudoku, crosswords).
6. Read a book.
7. Listen to podcasts.
8. Get a prescription for sleep medication.
9. Take valerian root.
10. Drink an herbal tisane like Sleepytime Tea or chamomile tea.
11. Shut off your electronics an hour before bed (or do the blue light glasses thing).
12. Use visualization exercises.

In addition, the app Sleep Cycle (available for Android and iOS) will help track your sleep and includes optional sleep sounds and guided meditations.