

TIRED OF NOT SLEEPING?



# The Improve Your Sleep Challenge

Real World  
WEIGHTLOSS



# THE IMPROVE YOUR SLEEP CHALLENGE

Understanding the power of sleep and how to get as much high-quality sleep as possible is one of the healthiest things you can do. This 2-week habit coaching program will help you plan a sleep routine and guide you towards all the benefits of sleeping better.

# DAY 0

## INTRODUCTION OF HABIT (SUNDAY)

# HABIT CHALLENGE

Make a plan to improve your sleep routine. You are twice as likely to stick to a habit if you create a plan that includes when you'll do it, where you'll do it and how you'll do it.

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Understanding the power of sleep and how to get as much high-quality sleep as possible is one of the healthiest things you can do.

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We can all relate to how loss of sleep takes a toll on our energy, mood, decision-making, and ability to handle stress.

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Sleep should be your top priority.

Many people try to sleep as little as possible, but just as exercise and nutrition are important to look and feel your best, so is sleep.

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No other activity delivers so many benefits with so little effort. Sleep has a direct correlation to the quality of your waking life.



Take a look at your current sleep routine, especially how many hours of sleep you get on average per night.

Do you sleep for 5 or 6 hours per night? Or 7-8 hours? What about on weekends? At what time do you go to bed each night? How would you rate the quality of your sleep?

Choose one key area to focus on and make a daily habit to improve it.



# HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to aim for a specific time to get into bed, for example 10pm. Or aim for a certain length of sleep each night, like 8 hours.

Have one day off a week from the habit to start.





A close-up photograph of a person's hands. The left hand holds a pen, writing on an open notebook. The right hand holds a small, dark device with a glowing green light. The background is dark and out of focus.

# WHAT CAN I PIGGYBACK OFF OF?

Find something you can use as a reminder to improve your sleep routine: after putting the kids to bed, after brushing your teeth, after watching your daily TV series, when an alarm goes off on your phone, or whatever you want. Just pick a pre-existing habit to use as your reminder.

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# TO DO

CREATE YOUR PERSONAL VERSION OF THE HABIT TO COMMIT TO THIS CHALLENGE!



# TEMPLATE

I AM 90-100% CONFIDENT THAT I WILL  
[INSERT HABIT] FOR 6 DAYS A WEEK AFTER  
I [INSERT WHAT YOU'RE GOING TO  
PIGGYBACK OFF OF].



# EXAMPLE

I AM 90-100% CONFIDENT THAT I WILL  
SLEEP 8 HOURS PER NIGHT FOR 6 DAYS A  
WEEK AFTER I HAVE PUT THE KIDS TO BED.

**P.S. DON'T  
WORRY ABOUT  
MAKING THIS  
PERFECT. JUST  
DO YOUR BEST.**



# DAY 01

## START OF HABIT REVIEW (MONDAY)

### HOW WAS DAY 1?

DID YOU COMPLETE A  
PERSONALIZED VERSION  
OF THE HABIT?

Today, after completing your  
habit for the first time,

**I WANT YOU TO ANSWER  
THESE TWO QUESTIONS:**

**01** What did I do  
well today?

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**02** What did I  
learn today?

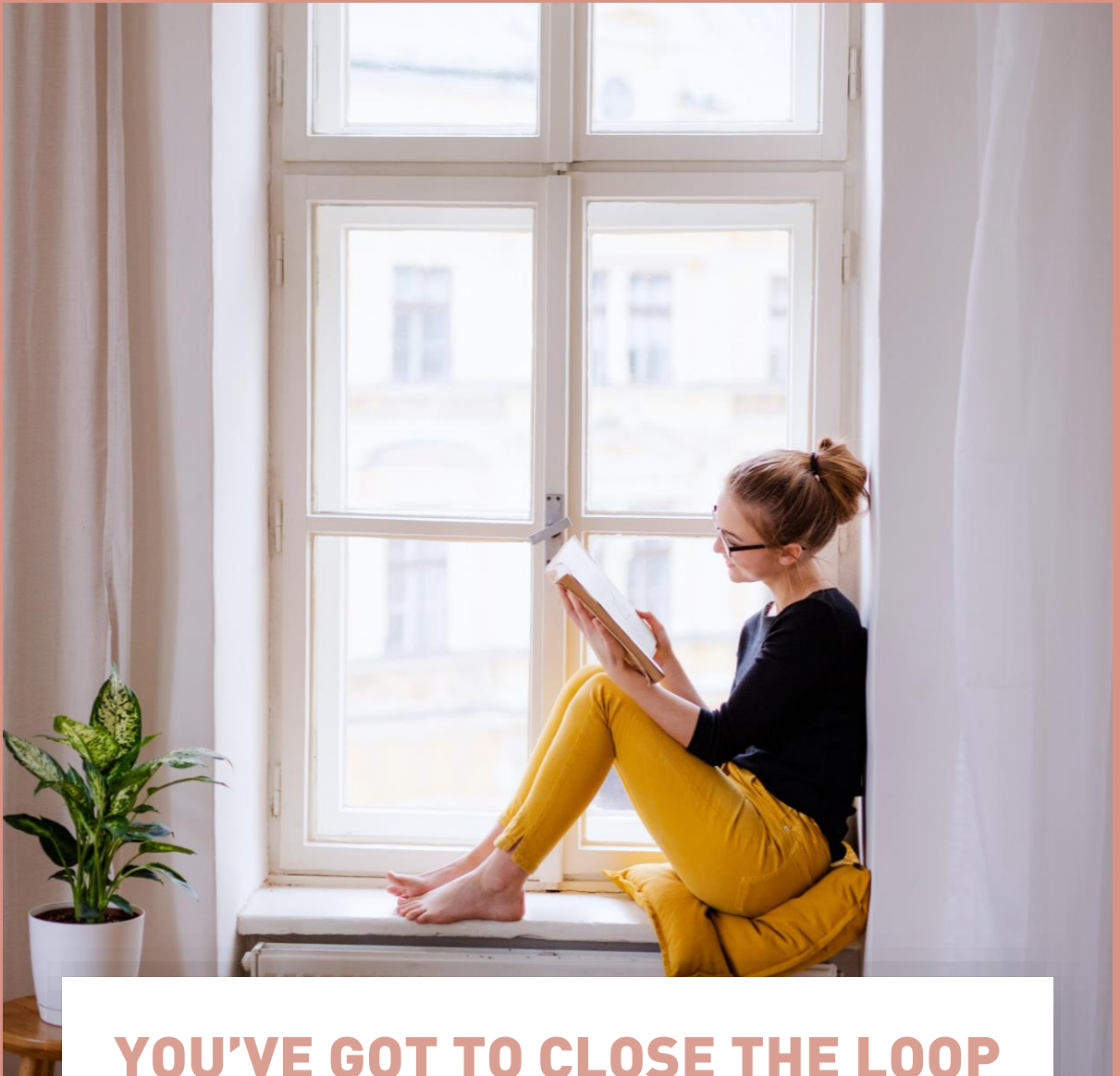






**THESE  
QUESTIONS  
ARE SO  
IMPORTANT  
THAT I WANT  
YOU TO  
REFLECT ON  
THEM EVERY  
DAY.**

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior you're trying to make automatic.



**YOU'VE GOT TO CLOSE THE LOOP  
BETWEEN YOUR INTENTION AND  
YOUR BEHAVIOR,**

and it's as simple as answering  
these two questions.

SO HERE THEY ARE FOR YOU AGAIN

**01** What did I do  
well today?

**02** What did I  
learn today?



# DAY 02

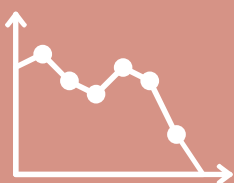
## DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)



The study of sleep looks at the neuroscientific and physiological basis of sleep and its functions.



It is assumed that the benefits we get from enough sleep have evolved over time, creating greater dependence on getting sufficient and quality sleep.

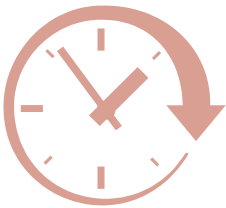


Sleep is a naturally occurring state characterized by reduced or absent consciousness, and the inactivity of nearly all voluntary muscles.





In humans, sleep timing is controlled by the circadian clock and (to some extent) by willed behavior. The circadian clock (also known as a circadian oscillator) allows us to coordinate our biology and behavior with daily and seasonal changes in the day/night cycle. This built-in biological clock receives daily corrective signals from the environment, primarily daylight and darkness.



Circadian clocks are the central mechanisms which drive circadian rhythms. The term circadian comes from the Latin 'circa', meaning 'around or approximately', and diem meaning 'day'. It works over a 24-hour period.



This clock is reset through our ability to sense external cues. The primary of these environmental changes is light. This clock is considered to be intertwined with most cellular processes.



When you sleep, the body doesn't just shut down and switch off. In fact, while you rest, the brain oversees a wide variety of biological maintenance that improves your health markers and aids recovery.

A photograph of a woman with dark hair sleeping peacefully in a bed. She is wearing a white long-sleeved shirt and is covered by white bedding. Her eyes are closed, and her expression is relaxed. Her hands are resting near her head. A smartphone is visible on the bed near her hand.

**SLEEP  
TIGHT!**

# DAY 03

DAILY LESSON TO  
REINFORCE  
HABIT AND  
ACCOUNTABILITY  
(WEDNESDAY)

**HERE ARE A NUMBER  
OF SLEEP-PROMOTING  
TECHNIQUES AND  
CONSIDERATIONS THAT  
CAN BE EASILY  
INTEGRATED INTO  
YOUR EVENING.**





## GET A ROUTINE

Syncing with the body's natural clock, the circadian rhythm is one of the most effective methods we have for getting a good night's sleep. Getting into a strict and consistent routine of going to bed and getting up in the morning can have huge benefits.

It's also important to experiment with different sleep and wake times, as various setups will benefit people differently. Aim to not only find the ideal length of sleep, but also the times your sleep should start and finish. Everyone is different. Find what works for you.



## **CONTROL THE SURROUNDINGS**

On top of finding the best sleeping routine, we can naturally encourage the body to feel more alert or relaxed. A hormone known as melatonin is released when we are in dark surroundings, as it helps the body regulate the sleep/wake cycle.



If we are exposed to little to no sunlight during the day, we release melatonin, which can make us sleepy during the day.



In a bright environment, melatonin production is stopped. The same occurs at night. If we are exposed to bright light or electrical equipment just before bed it can slow down the release, just when we do want a release of melatonin in order to induce sleep.



The goal should be to spend more time in daylight during the day, with less exposure to light (including artificial light) at night.





It's essential to ensure the bedroom is optimized for relaxing, unwinding and sleep. The bedroom should therefore become a place associated with sleep, which sends a powerful signal to help us nod off.

## OTHER IMPORTANT FACTORS HERE ARE

01

Eliminating any  
noises that may  
disturb your sleep

02

Keeping the  
bedroom at the  
right temperature

03

Removing  
any electronic  
equipment

04

Ensuring  
the room is  
dark enough

05

Ensuring the bed is  
comfortable enough

# IMPROVE NUTRITION AND EXERCISE HABITS

Good nutrition habits—particularly in the last hours before bed—can drastically improve sleep quality. Some important considerations are:

01

Avoid eating large meals before bed

02

Avoid drinking too much liquid

03

Avoid caffeine in the latter part of the day (2-4pm is good cut off)

04

Avoid alcohol before bed

A small bedtime snack containing a balance of protein, fat and carbohydrates can be ideal to help you fall asleep, as that feeling of being satisfied can help the body rest.

Daily exercise can also lead to improved sleep, while exercising too late may disturb the body's natural wake-sleep cycle as it can act as a heavy stimulus on the body.



## REDUCE STRESS AND RELAX

Stress related to family, money, work or other day-to-day difficulties can be a common sleep disruptor.

Managing these stressors and using pre-bed relaxation techniques can be effective in aiding a better night's sleep. Some common techniques are:

**01** Write down any problems or issues

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**02** Do some deep breathing techniques

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**03** Use progressive muscle relaxation techniques

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**04** Avoid any stressing tasks or thoughts before bed



**05** Keep your bedroom  
clean and tidy

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**06** Have a hot shower or bath

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**07** Do something you  
enjoy before bed

START APPLYING  
SOME OF THESE  
TECHNIQUES  
AND YOU'LL BE  
SLEEPING LIKE A  
BABY VERY SOON.

**SWEET  
DREAMS!**



# DAY 04

## WEEKEND WIN (THURSDAY)



1

The perfect example of this is the weekend. So let's set you up to win this weekend.

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

2



3

How? By doing an easy version of your sleep habit.

4



Today I want you to plan how you'll stay on track with improving your sleep routine habit this weekend.

Perhaps you need to adjust your normal sleep schedule? Or reduce how many hours of sleep each night you will actually get?


5





DAY  
05

DAILY LESSON TO  
REINFORCE  
HABIT AND  
ACCOUNTABILITY  
(FRIDAY)

A close-up photograph of a hand holding a pen, writing on a checklist in a notebook. The notebook is open, showing a grid of checkboxes. Some boxes are already checked, and the word 'Moz' is visible. The background is a blurred blue and white pattern.

**HERE ARE SOME  
QUICK FACTS ON  
HOW QUALITY  
SLEEP HELPS  
YOU BE MORE  
AWESOME:**



## RESTORATION

Sleep is restorative, and without it you are not able to work, learn, create or communicate at your highest level. Over time, lack of sleep can even lead to mental and physical breakdown. Sleep has been linked to the immune system. Sleep loss can impair our immune function, so by sleeping longer we can invest in strengthening our immune systems.

When we sleep, our metabolic rates reduce and free radical production is decreased, letting restorative processes take over. The metabolic phase during sleep is anabolic, as we see a greater release of anabolic hormones such as growth hormone. This further adds to the restorative processes of sleep.



## MEMORY PROCESSING

Numerous studies have been done into the correlation between sleep and memory. Sleep deprivation is linked to a reduction of 'working memory', which keeps information active for further processing and supports higher-level cognition functions such as decision-making, reasoning and memory.

So, the next time you forget to buy your protein powder, you know why.



## PRESERVATION

It's been suggested that sleep can serve as a 'preservation and protection' system to reserve energy and to keep us out of harm's way.



DAY  
06

NO DAILY  
LESSON  
(SATURDAY)

“

FIRST FORGET INSPIRATION.  
HABIT IS MORE DEPENDABLE.  
HABIT WILL SUSTAIN  
YOU WHETHER YOU'RE  
INSPIRED OR NOT.

Octavia Butler

# DAY 07

## WEEKLY REVIEW (SUNDAY)

**WHEN YOU COMPLETE THE HABIT TODAY, TAKE A MINUTE TO REFLECT ON THE PAST WEEK YOU'VE BEEN DOING THE HABIT.**

**1**

What has it actually been like, as opposed to the fantasy you had about it before you started?

**2**

What have you learned?

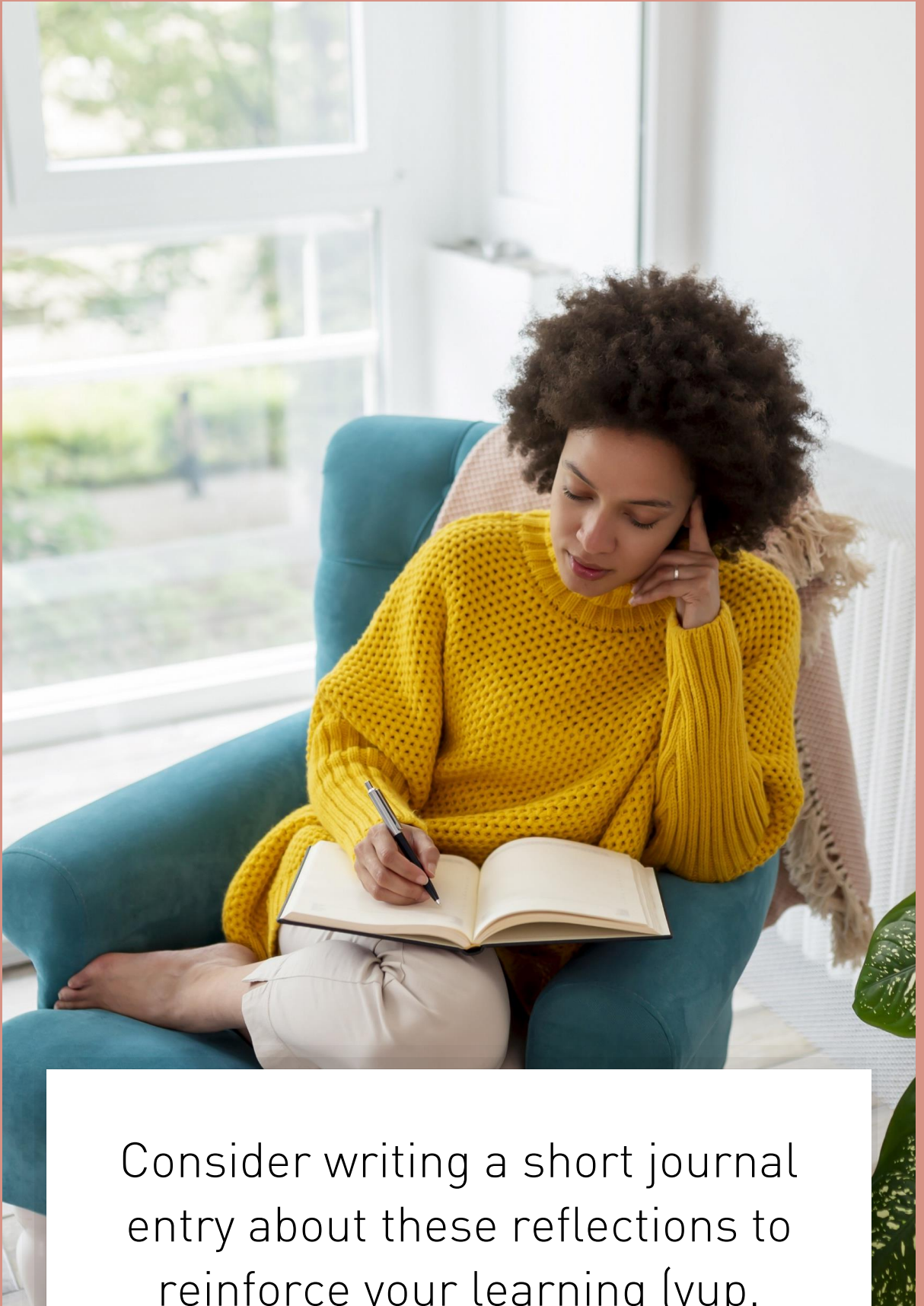
**3**

What do you appreciate?

**4**

What obstacles have come up, and are there ways to overcome them for next week?





Consider writing a short journal entry about these reflections to reinforce your learning (yup, that's your notebook). Treat habit formation as a learning process and as a way to learn about yourself, your mind, mindfulness, resistance and more. The more we know, the better we are.



DAY  
08

ADJUSTMENT OF  
HABIT (MONDAY)



If all went well last week—and you didn't struggle or skip the habit for more than a day—lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier. Baby steps lead to big wins, right?

01

For example, if you've just been aiming to get into bed 20 minutes earlier than before you could try 30 minutes earlier this week.

02

Or if you've been aiming for 7 hours of sleep per night, you could try 7 hours and 15 minutes this week.

03

Never make too big an adjustment so that it becomes too difficult.

04

This slow change process of increasing the habit a little at a time helps overcome your mind's resistance to change and discomfort.

05

Each step isn't difficult, so your mind doesn't fight you too much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

06

DAY  
09

DAILY LESSON TO  
REINFORCE  
HABIT AND  
ACCOUNTABILITY  
(TUESDAY)

**A NUMBER OF STAGES OF  
SLEEP OCCUR EVERY TIME  
WE GET SOME REST. THESE  
STAGES REPRESENT  
WHAT'S HAPPENING  
BENEATH THE SURFACE,  
AND ALL PLAY AN  
IMPORTANT PART IN THE  
BENEFITS OF REST.**

# THERE ARE TWO MAIN TYPES OF SLEEP

## 01

### NON-REM (NREM) SLEEP

This is essentially a 3-stage sleep cycle, with each being a deeper level than the previous one.

#### **STAGE N1 (TRANSITION TO SLEEP)**

The stage between sleep and wakefulness. The muscles are active, the eyes roll slowly under the eyelids, muscle activity slows down and we are easily awakened.

#### **STAGE N2 (LIGHT SLEEP)**

Considered the first stage of true sleep, characterised by an increase in 'theta' activity within the brain. We become harder to awaken, eye movement stops, heart rate slows and body temperature decreases.

#### **STAGE N3 (DEEP SLEEP)**

Known as 'slow-wave sleep', characterised by an increase in 'delta' activity in the brain. Blood flow to the brain is decreased and passed to the body to enhance its restorative benefits. We are difficult to wake at this stage.



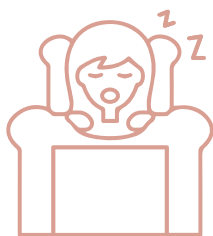
# 02

## REM (RAPID EYE MOVEMENT) SLEEP



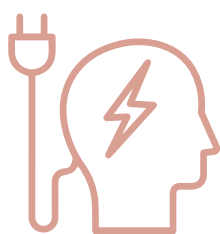
REM sleep has been given this name as our eyes can be seen moving back and forth in this stage.

It can also be known as 'dream sleep' and usually happens about 60-90 minutes after falling asleep. Eye movement, heart rate and blood pressure increase, yet arm and leg muscles are paralyzed. Every time we sleep we are likely to go through all stages of this cycle. Our bodies move back and forth between REM and N3 sleep to form a complete sleep cycle. Each cycle typically lasts about 90 minutes and repeats four to six times over the course of the night.



Typically, the majority of deep sleep occurs in the first half of the night, with REM stages becoming longer with more light N2 sleep later into the night.

This is why many people say they wake up after a number of hours' sleep as their sleep is getting lighter. Each sleep within this sleep cycle has potential benefits to you. A normal adult spends around 50% of total sleep time in stage 2 sleep, 20% in REM sleep and 30% in stage 1 and 3 sleep.

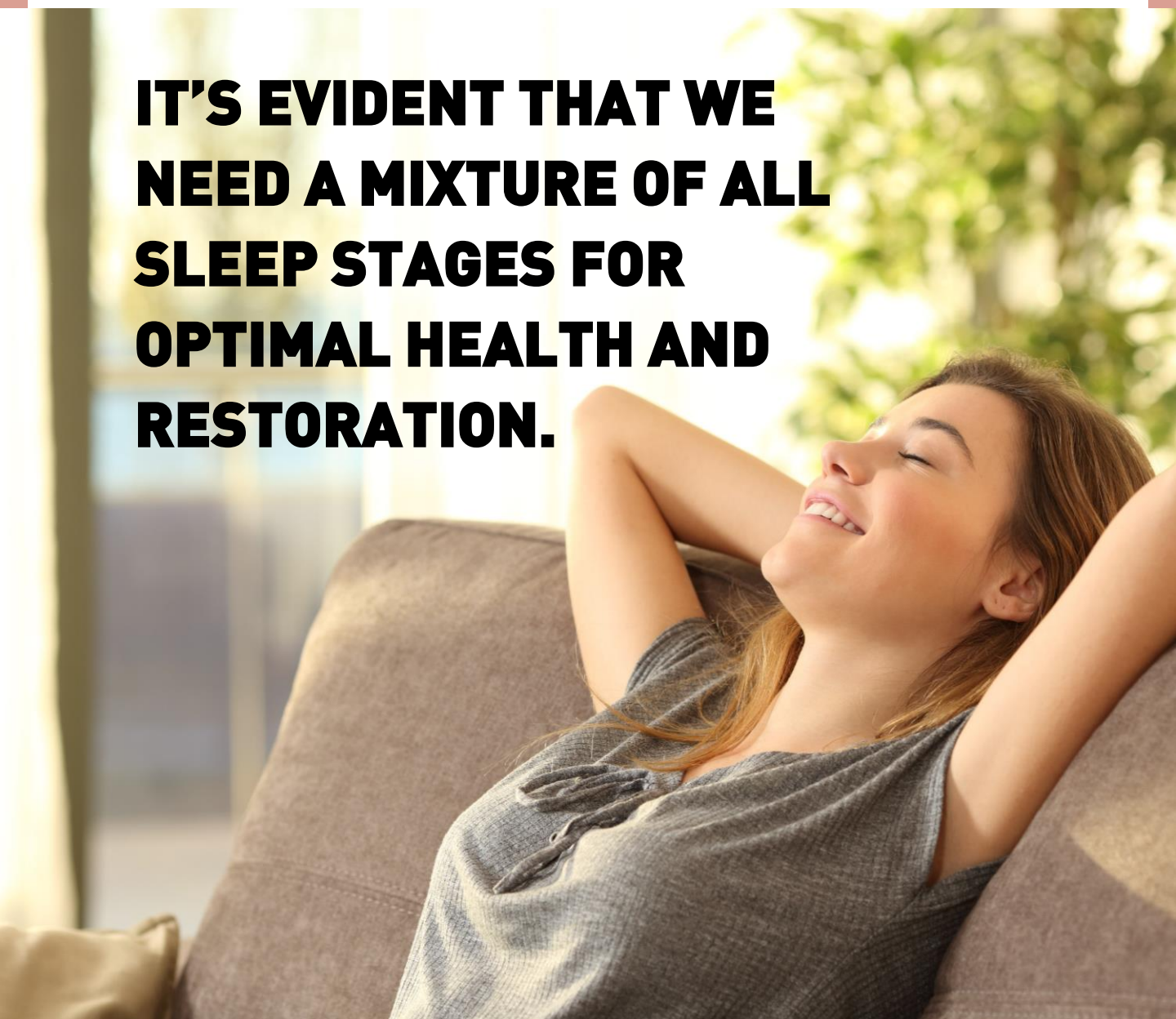


Stage N3—deep sleep—is considered one of the most important to make us feel energized and refreshed from rest. It is heavily involved in maintaining your health, providing growth and development, repairing muscles and tissues, and boosting the immune system. It essentially renews the body.



REM sleep renews the mind, and is important for a healthy memory and learning ability. During REM sleep, the brain consolidates and processes the information we have learned that day, while forming neural connections to strengthen the memory. It also replenishes its supply of neurotransmitters including feel-good chemicals like serotonin and dopamine.

**IT'S EVIDENT THAT WE  
NEED A MIXTURE OF ALL  
SLEEP STAGES FOR  
OPTIMAL HEALTH AND  
RESTORATION.**



# DAY 10

DAILY LESSON TO  
REINFORCE  
HABIT AND  
ACCOUNTABILITY  
(WEDNESDAY)

## HOW MUCH SLEEP DO YOU REALLY NEED?

01

With modern lifestyles people are sleeping less than ever, with the average person getting fewer than seven hours per night.

While sleep requirements vary from person to person, this average is not enough for most and this is leading some people into chronic sleep disorders.

02

03

Most people sleep as much as they need, but not as much as they should for optimal health and performance. In reality, most healthy adults need between 7.5-9 hours of sleep per night. Young adults and children need even more.



Since there is no formula to show exactly how many hours you should sleep, the best way is to evaluate how you feel throughout the day. If your energy is low, you're forgetful and you don't feel alert, chances are you need more sleep.

04

05

A sign that you need go get more snooze time? You always want to sleep in if you don't set your alarm clock. This is your body telling you that it needs more sleep. You are essentially playing catch up. If you wake in the morning and feel like you could sleep a lot more, then you probably should.



DAY  
11

WEEKEND WIN  
(THURSDAY)



# 01

Missing a day of doing the habit isn't a big deal, but if you miss a second day it can sometimes trigger a habit relapse.

# 02

You might feel bad about missing two days, making it likely you'll miss a third day, and feel so bad that you just avoid thinking about the habit at all.

# 03

To avoid this downward spiral, create a new rule for yourself: never miss two days in a row.

# 04

So let's set you up to win this weekend and achieve your habit.

# 05

Today, think about your super easy, almost effortless version of the habit for the weekend.

# 06

How and when will you do the habit this weekend?



A person with long, wavy brown hair is lying in bed, reading a book. The book has a light brown cover with dark vertical lines. The person is wearing a white shirt with a red floral pattern and a silver watch on their left wrist. They are covered by a grey blanket. The bed has a grey tufted headboard and several pillows, including a green one. The background is a blurred indoor setting with a window and some furniture.

# DAY 12

DAILY LESSON  
TO REINFORCE  
HABIT AND  
ACCOUNTABILITY  
(FRIDAY)





We're almost at the end of the 'improve your sleep routine' habit challenge.

For the next few days, pay attention to your motivation levels. Are they as high now as when you first started? They may or may not be, and both are normal.



If motivation is drooping it's probably because the reality of doing the habit this long isn't something you're used to.

This is a great opportunity to learn what other things can motivate you. Other motivations you could explore? The joy of doing; the pride of accomplishment; the feeling of satisfaction when sticking to something; tackling difficulties; the love of learning...you get the drift. (In the notebook, please.)



These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!

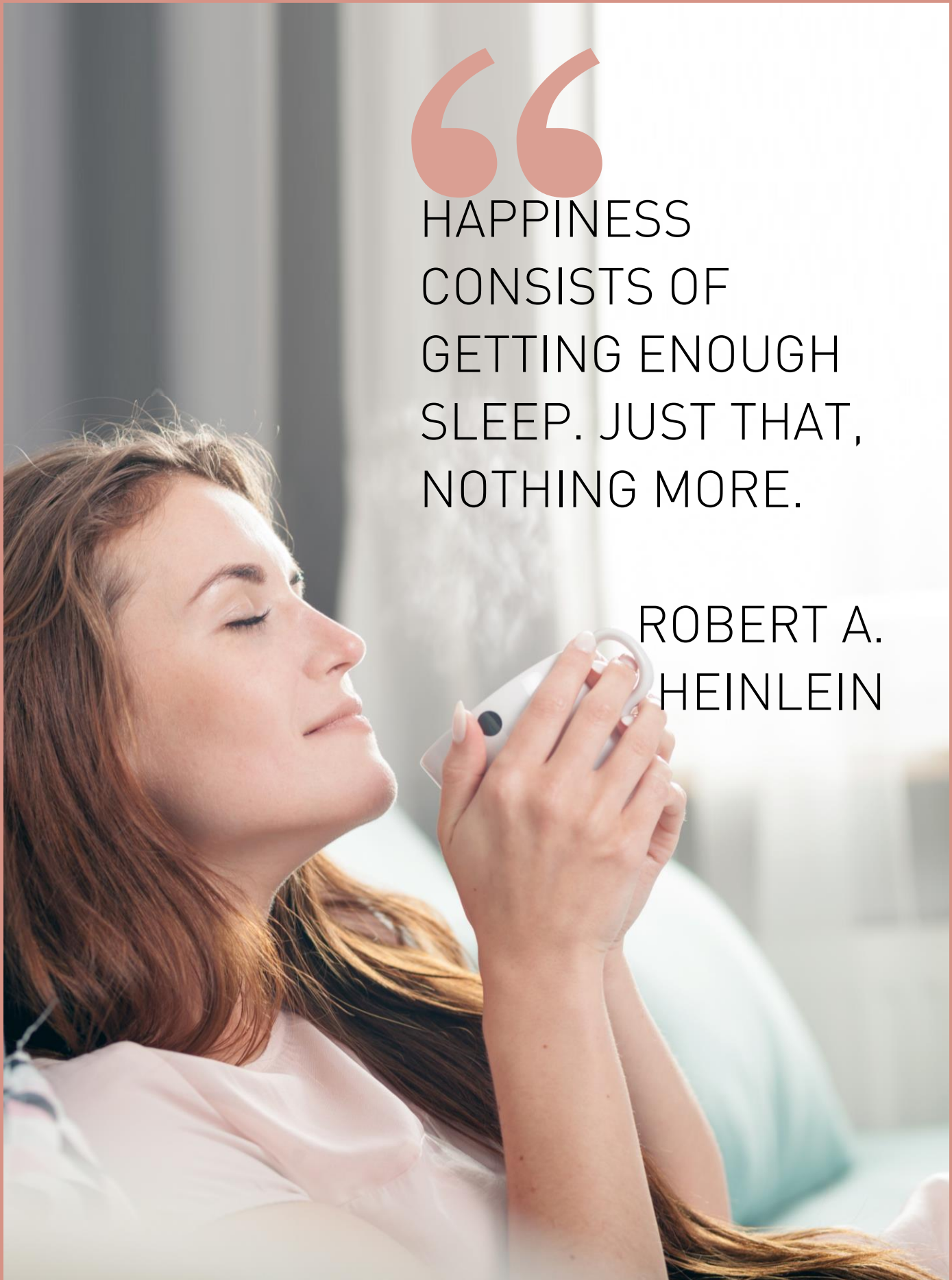
# DAY 13

## NO DAILY LESSON (SATURDAY)

“

HAPPINESS  
CONSISTS OF  
GETTING ENOUGH  
SLEEP. JUST THAT,  
NOTHING MORE.

ROBERT A.  
HEINLEIN



DAY  
14

END OF HABIT  
REVIEW  
(SUNDAY)







**OVER THE LAST TWO  
WEEKS YOU'VE  
COMPLETED THE  
'IMPROVE YOUR  
SLEEP ROUTINE'  
HABIT CHALLENGE...  
NICE WORK!**

Today, take a minute to reflect again on the past week of doing the habit.

**1** What has the habit been like and how have you done?

**2** What have you learned?

**3** What parts or how much of this habit will you continue to do?



Think about writing a short journal entry about these reflections to reinforce your learning. Remember, forming new habits is a process and is a great way to learn about yourself, your mind, mindfulness, resistance and more.

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Your most important takeaway? These are lifelong habits that will change your health for the better. It's easy to dismiss them or to stop doing them.



# DISCLAIMER

This guide provides general information about health and related subjects. The information provided in this guide is not intended, and should not be construed, as medical advice. The information is not a substitute for professional medical expertise or treatment. If you have a medical concern, consult with your health care provider or seek other professional medical treatment.



# THANK YOU



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WEIGHTLOSS

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