

The Patterns of Living column summarizes the Rules of Thumb recommended by Sleep Experts. Use this work sheet as a reminder and tool for personalizing these patterns to your individual needs, priorities, and doability.

1. Ideal Habit:

Write down your **personalized** version of the Ideal Habit you would like to work towards at this time.

- a. Don't worry about it being just right the first time.
- b. Discover by doing. Give yourself permission to adjust as you learn what does or does not work for work for you.

2. Doable New Behavior List & Cue.

List a few small behaviors you would like to turn into habits then assess doability.

For each one, ask yourself...

- a. What is my cue? Can I link this to a routine?
- b. Do I need another trigger or reminder?
- c. Does this look doable?
Can I realistically do it on a regular basis, on all or most days of the week?
Should I make it a bit smaller to be more doable to get started?
Should I focus on something else that would then make this one more doable?

3. Circle the top 2 or 3 you want to focus on first.

- a. Experiment. If one isn't working out, modify or try something else.
- b. If you're also working on new habits in another area of life, try to keep the combination of all new behaviors to 3, then add more as each becomes routine. Three new behaviors appear to be the magic number – not too few to be inconsequential, not too much to stick with. Use the Generic Worksheet if you would like to combine 3 habit goals from different topic area on one page.

4. Celebrate! Identify actions to send a reward message to your brain!

Your brain works on reward – positive feedback!

- a. Decide how you will celebrate every time you do the behavior.
- b. List a few options that feel most natural to you. The associated micro-dose of dopamine helps rewire your brain! Here are my top 3 go-to celebrations:
 - i. High-five – in the air, in the mirror, or my dog.
 - ii. A silent or spoken "Well done", or "You're on your path!"
 - iii. A smile of recognition and mental relaxation for one breath.

For more examples, Fogg lists 100 ideas for simple celebrations to give the brain positive feedback in his book 'Tiny Habits'.

TIP. Give yourself permission to adapt and evolve your goals. When you test out and find what is truly doable, repeatable, and rewardable, you discover the magic formula that works best for you!

Informed by the Fogg Behavior Model & the ABC Method as described in 'Tiny Habits. The Small Changes That Change Everything.' Sleep Protocol Rules of Thumb informed by Matt Walker's book "Why We Sleep".

SLEEP HABITS EXAMPLE

WORKSHEET 1

Name _____ Janic _____
Date _____ August 5, 2022

Rule of Thumb	My Ideal Habit	Doable New Behavior	Cue
To Do	<i>Personalize; write down your Ideal Habit</i>	<i>List your options (prioritize later)</i>	<i>Link new behavior to existing routine, trigger, reminder.</i>
Sleep Routine 7-9 hours of sleep 7 days a week +/- 30 minutes sleep/wake times Scheduled buffer time in bed	Sleep Hours: 7.5 Bedtime: 9:30pm +/- 15 min Wakeup: 5:30am +/- 15 min	Sleep 6 hours In bed by 11:00pm +/- 30 minutes	10:45 Alarm on Google Home Mini
PM Low Lights 1+ hours before bedtime	Minutes before Bedtime: 90 Start by: 8:00pm	Lower lights 90 min before bed at 9:30 pm	Automate amber screen for 9:30pm alert and warm light reminder for lamps
Wind Down Routine 1+ Hours before bedtime Regular Schedule	Minutes: 60 Start by: 8pm Activities: Washup 1st, Journal, Meditation ending on Metta	15 to 30 min winddown starting at 10:30 pm - Brush teeth/washup, quiet music, journal.	9:30pm Amber Screen Alert 10:15pm Alarm on Google home mini or watch
AM Sunlight Exposure 15-30 minute within 30-60 minutes of waking or sunrise	Minutes: 15- 30 minutes Start by: 5:45am (Happy light during winter)	5-10 minutes outdoors by 6:am; 10-20 min /w happy light if indoor.	AM Qigong if outdoors else while blow dry hair (in front of happy light)
Time of Day to Start Avoiding Caffeine _____ Alcohol _____ Food _____ Exercise _____ Bright Lights _____ Other? _____			
To Prepare	What is my ideal environment?	What can I do now?	What's missing that I'll set up?
Cool, Dark Bedroom 65-67F or about 18C +/-	~64F or 17C Blacked-out windows No electronics lights	Pre-set temp to 17C Cover electronic	Find/Buy/Install B/O blinds
Bright & Warm, low light sources table lamps, candles, dimmers	Sad Light (10k lux); Candles, table & floor lamp; red night lights	Dim overhead lights; Tea light candles.	Buy SAD light for dark AMs. Buy red nightlights & warm bulbs for table lamps.
My Celebration Options:	1. Air High-Five to Nishi	2. Smile & reflect for one breath	3. Silent "Well done. You're on your path".

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