



TIP # 8 KEEP YOUR EYES OFF THE CLOCK

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Ignoring your clock is one great way to get a better night's sleep.

THE PROBLEM WITH CLOCK WATCHING



Clock-watching is sure to wind you up not wind you down.

- Winding down is sleep's friend
- Winding up is sleep's enemy



Clock-watching can kill your sleep



Stop checking the clock if you have trouble falling back to sleep



Stop checking the time if you want to fall asleep quickly



THREE SIMPLE SUGGESTIONS TO STOP CLOCK WATCHING AND WAKE UP ON TIME



Do not sleep with your smartphone or any other device



Place your alarm clock or smartphone away from your reach



Position your alarm clock or smartphone so that you cannot see the light or the time.

- Your body knows when it's time to wake up if you are synchronized with your circadian clock
- The reality is that most of us are not in sync with our circadian clocks

THREE TIPS TO STOP WORRYING ABOUT OVER-SLEEPING

- **Set your alarm before going to bed.**
 - Double up on an alarm clock or smartphone if it allows you to sleep worry-free.
- **Stick to a routine and you will automatically wake up naturally and consistently.**
- **Invest in an alarm clock or smartphone that does not tick.**
 - Your body loves peace and quiet as the stimulus to falling and staying asleep.



DEALING WITH DIFFERENT WAKE UP TIMES

If you and your bed partner have two different wake up times, then follow these steps:

Place the first alarm to go off closer to the first to wake up to minimize awakening the sleeping bed partner

Turn down the volume enough to wake up the early riser but not enough to trigger an alerting response in the bed partner

Do not turn on the lights, open the blinds, or turn on the radio or television



Do not turn on the lights, open the blinds, or turn on the radio or television

Keep the room peaceful and quiet for your bed partner

A safety precaution depending upon your age and level of functioning is to put a few nightlights in your bedroom to navigate the room safely but not wake up your bed partner by shining a bright light in their sleeping face

Ignoring the clock is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!