

**THE TIRED MOM'S GUIDE
TO BETTER**

sleep

SUGARPLUMSLEEP.COM

TABLE OF CONTENTS

3	DISCLAIMER
4	INTRODUCTION
5	HOW MUCH SLEEP DO I NEED?
6	STICK TO A SCHEDULE
7	A DARK SLEEP SPACE
8	A COOL AND CALM SLEEP SPACE
9	ELECTRONICS
10	ROUTINES
11	SNACKS
12	TREAT YO'SELF
13	LATE NIGHTS
14	NEED MORE HELP?

disclaimer

Disclaimer

The advice you receive from this guide is intended for use with common adult sleep issues that are wholly unrelated to medical conditions. The advice is not intended, nor shall it be used, as a substitute for medical advice or treatment. Always seek the advice of your doctor or other qualified health practitioner regarding any matters that may require medical attention or diagnosis, and before following the advice and using the techniques described in The Sugar Plum Sleep Program. Reliance on any information provided by The Sugar Plum Sleep Co., or a representative of the company, is solely at your own desire.

Exclusion/Limitation Of Liability

Rebecca Earl does not make any representations or warranties, express or implied, regarding consulting services provided. The Sugar Plum Sleep Co., including its representatives, shall not be liable for any damages or injury resulting from your reliance on the information contained in this guide.

Copyright Notice

Information contained in this guide are copyrighted by The Sugar Plum Sleep Co. The information is provided only for your personal use for noncommercial purposes, but no modification or further reproduction of the content is permitted. All rights reserved.

On-line Content

This guide may provide links or references to other sites but the owner(s)/or The Sugar Plum Sleep Co. have/has no responsibility for the content of such other sites and shall not be liable for any damages or injury arising from that content. Any links to other sites are provided as merely a convenience to the users of this guide.

introduction

MAKE YOURSELF A PRIORITY

With a young family, the amount of time and energy you dedicate to looking after everyone else often leaves little time to take care of yourself. Sleep falls to the bottom of the priority list for many mothers.

If you're sleepy, sluggish or cranky (and what mom isn't?) it's important to make sure you are setting the stage for the best sleep possible. Making positive changes to how, when and where you sleep may help to curb your sleep debt: the result of being chronically under-rested. Experiencing less than ideal sleep over a period of months (or sometimes years), can make you more susceptible to viral infections, weight gain, increases in blood pressure, depression and anxiety.

Do what you can now to help avoid complications from sleep debt later on.

sleep much?

**ADULTS AGED 26-64 NEED 7-9 HOURS OF SLEEP;
HOWEVER, SOME INDIVIDUALS MAY NEED AS LITTLE AS 6
HOURS AND OTHERS MAY NEED AS MUCH AS 10 HOURS**

Everyone is unique. The exact amount of sleep that you need won't be the same as someone else of a similar age, health and lifestyle.

Track your own sleep. Look for patterns in how much you sleep, what times you sleep and how you feel. Pay attention to:

- your ability to get out of bed in the morning;
- how you feel when you get up in the morning;
- how much you rely on caffeine;
- how much patience you have;
- your level of productivity;
- impacts to your relationships; and
- how tired you look.



how much sleep do
you need?

schedules

CONSISTENCY IS KEY

Choose your alarm carefully. Consider investing in an alarm clock that uses increasing light levels and nature inspired sounds, rather than a harsh alarm to wake you up.

Set your wake up time appropriately. Hitting the snooze button repeatedly can actually make it more difficult to wake up, because you aren't getting to a restorative phase of sleep each time you fall back asleep.

Distance yourself. Place your alarm clock on the other side of the room to force yourself to get out of bed to turn it off. Keep in mind, if you always need an alarm clock to wake up, it could indicate that you need to go to bed earlier.

Choose an appropriate bedtime. If you aren't tired enough, you may end up feeling frustrated and fight sleep more than if you had went to bed later. Pay attention to when you feel fatigue set in, and work towards a bedtime that aligns with that time of day.

Prepare yourself for sleep. Going to bed at 10 PM and getting ready for bed at 10 PM are not the same. Consider setting a bedtime alarm that goes off 45-60 minutes prior to your desired bedtime to mentally and physically prepare yourself for sleep.

Avoid naps. Fight the urge to nap when low energy levels set in during the early evening. Allowing yourself to do so could result in difficulty initiating sleep, or cause you to wake up in the middle of the night. Instead, focus on activities that will help maintain alertness such as getting some fresh air.

a dark space

BOTH ARTIFICIAL AND NATURAL LIGHT SOURCES CAN IMPACT YOUR ABILITY TO INITIATE SLEEP AND STAY ASLEEP

Eliminate artificial light. Take the time to do an artificial light source audit. Remove unnecessary electronics, dim light displays and/or cover up power buttons.

Re-evaluate your window treatments. Blinds and drapes are a good start but often only block out a portion of sunlight and street light. Consider lining existing drapes with light blocking material or reinstall your drapery hardware closer to the ceiling to block out the light sneaking into the room.

Use an eye mask. If you aren't prepared to make changes to your window coverings, try using an eye mask to determine if a darker bedroom makes a difference for you.



how can you make
your bedroom
darker?

a cool, calm space

TRYING TO SLEEP IN A BADLY VENTILATED, HOT, NOISY AND CLUTTERED ROOM CAN BE DIFFICULT

Temperature. The [National Sleep Foundation recommends](#) cooler bedroom conditions to help maintain a lower body temperature needed for sleep. The exact room temperature is based on individual preferences; however, 18 degrees Celsius (65 degrees Fahrenheit) is considered optimal. If you find that you are restless throughout the night and your bedroom feels warm, consider turning down the thermostat, adding a fan, switching to lighter bedding and sleepwear and/or opening the windows to ensure your bedroom is cool enough for a good night's rest.

Noise. Environmental noises like neighbours, traffic, pets and birds can prevent you from falling asleep, and interrupt sleep once it's established. Try using a fan, or a white noise machine to help block out these disturbances. If your baby is sleeping in your bedroom, make sure your sound machine doesn't exceed 50 decibels (dB).

Hide it. Doing the bare minimum of closing the closet doors probably goes a lot further in reducing your stress level than you think. Better yet, remove the clutter all together by relocating items that don't belong in your bedroom.

Diapers and Toiletries. Are diapers and toiletries taking over your bedroom? Store them in one basket that is large enough to keep an adequate supply close at hand, but also out of sight.

Laundry. If there is laundry on the floor because you are too tired to walk it to the hall or bathroom, bring the basket to your bedroom instead.

Avoid scents. Use the exhaust fan, shut your bedroom door when you are cooking and look for personal care products (including laundry detergents) that are scent free to avoid respiratory irritation while you are trying to fall asleep.

power down

THE TYPE OF LIGHT GIVEN OFF BY ELECTRONIC DEVICES CAN DELAY THE RELEASE OF MELATONIN, THE HORMONE THAT CAUSES DROWSINESS

Make your bedroom a screen free zone.

Avoid screen time before bed. Avoid using electronic devices with screens for at least 60 minutes before trying to fall asleep.

Avoid screens during night wakings. Resist the temptation to check your e-mail and social media channels when you are up caring for your little one at night.

Hide your alarm clock. Looking at the time can lead to stress and anxiety, making it difficult to fall back asleep. Turn the clock face away from you.



conduct a bedroom audit and
remove unnecessary
electronics

routines

A SHORT AND SIMPLE ROUTINE WILL HELP TO QUIET YOUR MIND

Elements to consider incorporating:

Reading. Put the parenting book down and find something a little lighter to tackle for your night time reading.

Stretching. Be careful to listen to your body and not go beyond what you are capable of.

Journaling. Writing can be a difficult exercise for a lot of people without a subject to focus on. Record your child's milestones, doodle, or keep a dedicated worry book to get all of your unwanted thoughts on paper so they won't keep you up at night.



my new bedtime routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

snacks

WHEN YOU EAT TOO CLOSE TO BEDTIME YOUR BODY USES ITS ENERGY TO DIGEST FOOD INSTEAD OF FOCUSING ON REST AND REPAIR

Avoid fatty and heavy foods. These types of foods (think ice cream and pizza) require a lot of energy for digestion.

Drink herbal teas. Herbal teas, sweetened with honey instead of sugar, can help curb food cravings. Be mindful to avoid an overly full bladder that could lead to unnecessary trips to the washroom at night.

Incorporate light fruit or nuts. Rely on healthy, easy to digest snacks such as trail mix or frozen grapes and cherries.



my shopping list

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

treat yo'self

TREAT YOURSELF BY SAYING YES

New pyjamas. Kick those yoga pants out of your bed! A new pair of lightweight and breathable pyjamas (with easy access for breastfeeding if you are nursing) is a nice addition to your sleep space.

Add flowers to your bedroom. Fresh flowers can improve your mood. Ending your day on a positive note may help you sleep better. Not a fan of flowers? Add a potted plant instead.

Say yes to offers of help. Don't be shy about saying yes. An extra hand around the house means you can spend less energy on laundry, groceries or other errands, and more time getting the rest you need.



my treat yo'self list

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

late nights

SIMPLIFY YOUR EVENINGS AND GIVE YOURSELF SOME TIME TO RELAX AND UNWIND

Don't over schedule yourself or other members of your family. Look for opportunities to create space in your evening schedule.

Make sure everyone is contributing. If your child can use a handheld device like a phone or a tablet, then they can help with daily kitchen clean up, sorting laundry and preparing for the next day's activities. The same logic applies to spouses and partners!

Turn notifications off. Constant interruptions from our electronic devices distract us from what we are doing, making a seemingly simple task take longer than it should.

Adjust gradually. Go to bed earlier by 15-20 minutes for a couple of days at a time until you reach a more appropriate bedtime for your sleep needs.

Start your routine earlier. Complete hygiene activities earlier in the evening, or at least 30 minutes prior to bedtime. There's something about knowing that you still need to brush your teeth or wash your face that can make you delay bedtime. This also helps to avoid exposure to light sources before trying to fall asleep.

Don't fight the urge to go to bed. It's important to listen to your body. Leave the laundry. Pause Netflix. Put the phone down. It will all be there for you tomorrow.

need more help?

CHECK OUT THE FOLLOWING OPTIONS FOR MORE
INFORMATION AND SUPPORT ON YOUR SLEEP JOURNEY

Follow along on [Instagram](#).

Post your questions on [Facebook](#).

[Subscribe to the newsletter](#) and watch your inbox for more great sleep tips.

Book your [complimentary 15-minute](#) consultation to learn how I can help improve the quality of your sleep.

Use code **TIREDMAMA15** to receive 15% off any Adult Sleep Coaching package.

