Chapter One Sleep

Data Overload Exercise

Complete this exercise today to set some boundaries for yourself with data.

1. List the places where you consume data (i.e., online news, spreadsheets for work, children's school websites, social media)

2. From the above list, which of these are absolutely necessary for your daily life needs, such as employment or parenting?

3. From #1, which of these data sources would you prefer to maintain in your life? Choose one to two.

4. Consider the answer to #3. What time of day and place would it be most appropriate to continue this data source?

Keeping in mind a data schedule for non-essentials, move forward this week, sticking to the above. Notice if this allows for a greater sense of peace or relaxation in quiet times.

Reflection

1. How do you value being overtired and overworked?

2. How do you find feeling overly tired? Does it make you feel like a better employee/parent/partner?

3. How do you find feeling totally rested after a good night's sleep? What feelings are associated with this? If there are negative feelings, why do you think that is?

4. Think about a time you complained about being busy and tired. Did you actually feel it is a badge of honor and value it? Why or why not?

Impact Work

1. What is your wake and sleep time?

2. What does your bedtime ritual currently look like?

3. If you think back to your most rested time, were you an early riser or a night owl?

4. If you could sleep according to your body, would you be willing to make that change? What would need to change around you to accomplish this?

5. Describe your new, improved bedtime routine: