

YOUR ACTION PLAN TO BECOME A  
**SKILLED  
SLEEPER**



CATHERINE DARLEY, ND



WELCOME

Thank you for downloading the Action Plan toward becoming a Skilled Sleeper! My mission is to elevate global sleep health, and I'm elated to have you on board. Sleep not only boosts our daily performance but also nurtures our emotional and physical well-being. This plan will help you assess the impact of sleep on your life, discern between sleep quality and quantity issues, and craft a Sleep Healthy Lifestyle. If red flags for sleep disorders emerge, you'll be guided on the next steps.

For further resources, check out:

1. [Educational videos on Youtube](#)
2. [The Skilled Sleeper course](#)
3. [Daily tips on Instagram](#)

To Your Sleep,  
DR. CATHERINE

# Sleep and Daytime Impact Assessment



Let's first evaluate both your sleep and your daytime experience.

Each morning: fill in the blue sections about your sleep last night. Note the time you went to bed, the time you started your day. Use this to calculate your total sleep time. Then rate the quality of your sleep from 1 to 10, with 10 being the best it could possibly be.

Each evening: Review your day, and evaluate each of the five domains that can be impacted by sleep, listed in yellow. Give each a rating from between 1- 10, with 10 again being the best it could possibly be.

Lastly: Think through whether your sleep impacted your day. Note 'Yes' or 'No' in the green column.

Day of Week	Bed Time	Wake Time	Total Sleep	Quality (1-10)	Energy / Physical Health	Mental Health	Cognitive Function	Physical Function	Emotional Intelligence	Daytime Impact?
Sat										
Sun										
Mon										
Tues										
Weds										
Thurs										
Fri										

*This content is for informational purposes only. The content is not medical advice and is not intended to substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you have a medical emergency call 911.*

# HOW MUCH SLEEP DO YOU DO BEST WITH?

Often when I ask people “How much sleep do you do best with?” folks will reply “Well, I can get by on . . .” There is a big difference between getting the sleep you do best with, and simply what you can get by on. We really want to get the sleep that puts us at the top of our game, feeling our best, getting along well with our loved ones, and in optimal health. Research shows that after just three nights of inadequate sleep, people lose insight into how impaired they are, thinking that their performance is fine even when it’s not.

1. Think back to a time when you were really well rested, maybe it was on your last restful vacation, before you had kids, or when you were working less. What did being really well-rested feel like for you?

.....  
.....  
.....  
.....

How much sleep were you getting every night? \_\_\_\_\_ Hours

How much nightly sleep do you get on average now? \_\_\_\_\_ Hours

2. How would your life improve if you got enough sleep every night?

.....  
.....  
.....  
.....

# QUIZ

## RED FLAGS OF SLEEP DISORDERS

### INSOMNIA:

- Does it take you more than 30 minutes to fall asleep at the beginning of the night? YES NO
- Are you awake in the middle of the night, or wake early unable to return to sleep? YES NO

### SLEEP BREATHING DISORDERS:

- Has anyone ever told you that you snore or that your breathing pauses during sleep? YES NO
- Do any of your relatives have Obstructive Sleep Apnea? YES NO
- Are you unable to breathe through your nose, and breathe through your mouth instead? YES NO

### RESTLESS LEGS SYNDROME:

- Do you feel like you just must move your legs in the evenings, while sitting? YES NO
- Is the need to move relieved by movement? YES NO
- Do any of your relatives have Restless Legs Syndrome? YES NO

### CIRCADIAN RHYTHM DISORDERS

- Do you work shifts (ie Swing or Nights) at times that interfere with your sleep? YES NO
- When you are able to stay up later and sleep later in the morning is your sleep better? YES NO

# QUIZ

## RED FLAGS OF SLEEP DISORDERS

### RARE SLEEP DISORDERS:

- Do you ever act out your dreams, or injure yourself or others while you are asleep? YES NO
- Do you have abrupt “sleep attacks” during the day where you fall asleep in the middle of an activity? YES NO
- Do you have nightmares often? YES NO

### EXCESSIVE DAYTIME SLEEPINESS:

- Do you feel like you must nap during the day? YES NO
- Do you fall asleep unintentionally during the day or while driving? YES NO
- Do you feel unrefreshed during the day? YES NO
- Have you been diagnosed with a sleep disorder in the past, and need to update or restart your treatment plan? YES NO

Now that you’ve done this simple self-assessment, the next step is to consult with your healthcare provider if you answered “Yes” to any of them.

Take 30 minutes today to get scheduled for a sleep focused appointment – you’ll be glad you did! Tip: take this checklist to the appointment with you!

# SLEEP HEALTHY LIFESTYLE

Now let's design a lifestyle that allows all the sleep you need, and incorporates other routines that will strengthen your sleep and circadian systems.

1. Identify how much sleep you do best with, both for mood and performance.

..... Hours nightly sleep

2. A regular wake time is even more important than having a regular bed time. Although it can feel like a 'treat' to sleep late, its' best not to sleep more than an hour later on your days off.

Work day bedtime: ..... wake time: .....

Day off bedtime: ..... wake time: .....

3. The first time we get bright light in the morning signals the start of the day, and triggers our body to switch into day time mode. Ideally we should get 20 minutes of bright outside light soon after waking, but at least within the first two hours of the day.

Time to get bright light .....

What could you do at this time? .....



# SLEEP HEALTHY LIFESTYLE

(CONTINUED)

4. It's also important to get bursts of bright outside light throughout the day, ideally 10 minutes every couple hours. It may be easiest to schedule by time, or by linking this with activities already scheduled.

----- Time, or activity -----

----- Time, or activity -----

----- Time, or activity -----

----- Time, or activity -----

5. The next step is to schedule meal times. Regular meal times with a 4-5 hour interval between them help synchronize our body clock. What times are best for you to eat?

----- Breakfast

----- Lunch

----- Dinner

----- Snack (could be afternoon, evening, or not at all)

6. We each have a main task each day, whether it's school, a paid job, or another main activity. Starting about the same time each day helps strengthen our circadian rhythm.

..... Time to start your main task

7. Artificial light such as from electronics and other bright lights in the 2-3 hours before bed can interfere with our sleep.

..... Time to turn off electronics and dim lights





# THANK YOU

In this workbook you've gone through:

- Assessing your sleep and the impact it has on your well-being during the day
- Connected with how much sleep you do best with and need to truly thrive
- Did a self-assessment for any red flags of sleep disorders, and have a follow-up planned with your healthcare provider
- Designed your own Sleep Healthy Lifestyle that will allow you to thrive in all the ways that lead to a high quality life.

Now, over the next 30 days, keep focused on living a Sleep Healthy Lifestyle day after day. Routines become easier as they become habits, and the effort you put into this will pay off big time in terms of your performance, happiness and relationships, and overall health. I want you to have all the quality sleep you need to truly thrive!

To Your Sleep,

DR. CATHERINE



WANT MORE?

# TAKE THE SKILLED SLEEPER COURSE



Take the Skilled Sleeper Course which guides you step-by-step to rebuild your sleep. Each module has several short instructional videos, then tools such as these so you can implement the best sleep science. The program builds over the course of seven modules, giving you all the information you need to optimize your sleep.