

RISE-UP CHECKLIST

Refrain from snoozing



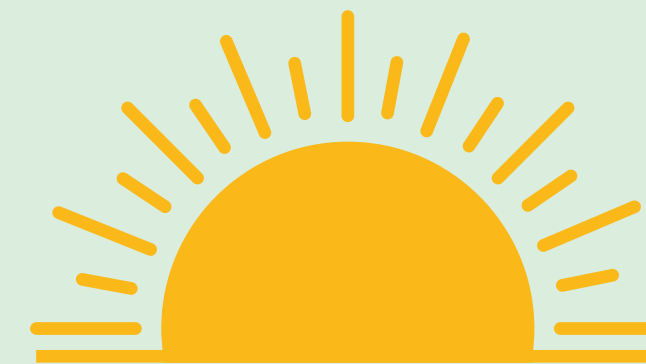
Increase activity



Shower or wash face and hands



Expose yourself to sunlight



Upbeat music



Phone a friend



Wind Down

Be in dim light or darkness



Limit light from screen (TV, tablet, cell phone)

Do relaxing activities



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SUSTAIN YOUR ENERGY DURING THE DAY!

- **Stay active**
- **Use your bed for sleep only**
- **Limit drinks with alcohol (beer, wine, liquor)
and caffeine (coffee, tea, soda, energy drinks)**
- **Eliminate naps**

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Relax the Mind



Gratitude: Think of three or more things you're grateful for.



Savoring: Recall a pleasant moment from today or the past. Picture that moment in your mind and revisit the good feelings you had.



Imagery: Close your eyes and think of a relaxing scene. Ask yourself, "What do I see? hear? feel? smell? taste?"



"Worry Time:" Schedule a time to allow yourself to worry at least 2 hours before going to bed.



Problem-Solving: On a piece of paper create two columns for your concerns and solutions.