

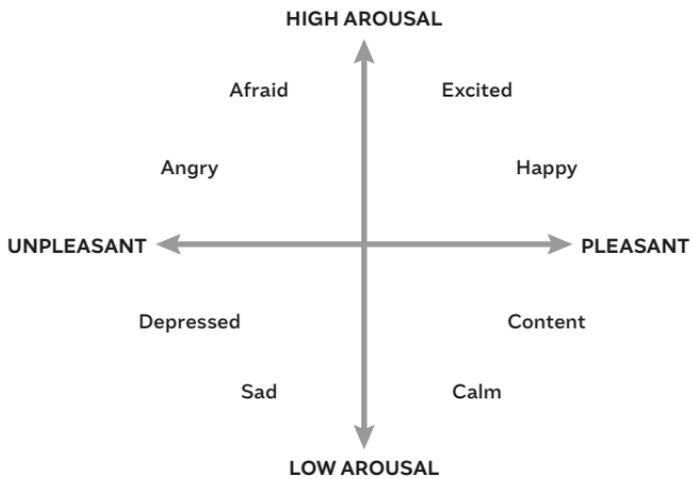


Aric A. Prather, PhD

# The SLEEP Prescription

7

Days to  
Unlocking Your  
Best Rest



## **Praise for Dr. Aric A. Prather and *The Sleep Prescription***

“The vastly knowledgeable and genuinely brilliant Dr. Aric Prather can take detailed scientific concepts and distill them into wondrous bite-size chunks, digestible to all. An easy yet most effective how-to guide on sleep.”

—Dr. Matthew Walker, *New York Times* bestselling author of *Why We Sleep* and director of the Center for Human Sleep Science, University of California, Berkeley

“Deceptively simple and refreshingly straightforward, *The Sleep Prescription* is an immediately useful guide to getting better sleep. Aric Prather is an internationally-recognized scientific authority on sleep health and his advice can help just about anyone sleep more restfully in just a week.”

—Dr. Michael Grandner, director of the Sleep and Health Research Program, University of Arizona College of Medicine

“*The Sleep Prescription* is a practical guide to improving your sleep and enhancing your life. Prather offers a set of transformative and doable changes in sleep habits that can make you healthier, happier, and more productive.”

—Tom Boyce, MD, author of *The Orchid and the Dandelion*

Please complete this to the best of your ability:

Day of the week:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time you tried to fall asleep?	11:45PM	10:30PM	12:05AM	11:15PM	12:30AM	1:00AM	12:00AM
How long it took you to fall asleep (in minutes)?	15	45	20	25	10	5	30
Number of times you woke up and tried to return to sleep?	1	3	3	1	2	2	1
How long were you awake during wake times reported above? (Total number of minutes)	120	60	60	120	10	90	20
Time you woke up for the last time this morning?	6:00AM	7:00AM	7:00AM	7:30AM	6:15AM	8:00AM	9:00AM
What was your sleep quality? (0 to 100, 100 being perfect)	70	40	50	30	75	40	70
Sleep Opportunity (in minutes)	375	510	415	495	345	420	540
Time Asleep (in minutes)	240	405	335	350	325	325	490
Sleep Efficiency	64.0%	79.4%	80.7%	70.7%	94.2%	77.4%	90.7%

YOUR SLEEP DIARY

Please complete this to the best of your ability.

Day of the week									
Time you tried to fall asleep?									
How long it took you to fall asleep (in minutes)?									
Number of times you woke up and tried to return to sleep?									
How long were you awake during wake times reported above? (Total number of minutes)									
Time you woke up for the last time this morning?									
What was your sleep quality? (See scale below)									
Sleep Opportunity (in minutes)									
Time Asleep (in minutes)									
Sleep Efficiency									

**Sleep quality rating scale:** 0 = worst sleep; 25 = poor sleep; 50 = average sleep; 75 = good sleep; 100 = best sleep

Please complete this to the best of your ability.

Day of the week									
Time you tried to fall asleep?									
How long it took you to fall asleep (in minutes)?									
Number of times you woke up and tried to return to sleep?									
How long were you awake during wake times reported above? (Total number of minutes)									
Time you woke up for the last time this morning?									
What was your sleep quality? (See scale below)									
Sleep Opportunity (in minutes)									
Time Asleep (in minutes)									
Sleep Efficiency									

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How long it took you to fall asleep (in minutes)?									
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Time you woke up for the last time this morning?									
What was your sleep quality? (See scale below)									
Sleep Opportunity (in minutes)									
Time Asleep (in minutes)									
Sleep Efficiency									

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9. Mark R. Rosekind et al., “The Cost of Poor Sleep: Workplace Productivity Loss and Associated Costs,” *Journal of Occupational and Environmental Medicine* 52, no. 1 (2010): 91–98; Robert Stickgold and Matthew Walker, “To Sleep, Perchance to Gain Creative Insight?” *Trends in Cognitive Sciences* 8, no. 5 (May 2004): 191–92, doi.org/10.1016/j.tics.2004.03.003.
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## **BEFORE WE BEGIN**

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## **DAY 1: SET YOUR (INTERNAL) CLOCK**

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2. Ellen R. Stothard et al., “Circadian Entrainment to the Natural Light-Dark Cycle Across Seasons and the Weekend,” *Current Biology* 27, no. 4 (February 20, 2017): 508–13, doi.org/10.1016/j.cub.2016.12.041.
3. Till Roenneberg and Martha Meroz, “The Circadian Clock and Human Health,” *Current Biology* 26, no. 10 (May 23, 2016): R432–43, doi.org/10.1016/j.cub.2016.04.011.
4. Jiu-Chiu Chen et al., “Sleep Duration, Cognitive Decline, and Dementia Risk in Older Women,” *Alzheimer’s & Dementia* 12, no. 1 (January 1, 2016): 21–33, doi.org/10.1016/j.jalz.2015.03.004; Francesco P. Cappuccio et al., “Sleep Duration Predicts Cardiovascular Outcomes: A Systematic Review and Meta-Analysis of Prospective Studies,” *European Heart Journal* 32, no. 12 (June 1, 2011): 1484–92, doi.org/10.1093/eurheartj/ehr007; Long Zhai,