

# 30-DAY NAPPING CHALLENGE

Do you have what it takes?



Day 1	Short 5 Minute Snooze	Day 16	Nap 65 Minutes
Day 2	Nap 10 Minutes	Day 17	Nap 70 Minutes
Day 3	Nap 15 Minutes	Day 18	Nap 75 Minutes
Day 4	Nap 20 Minutes	Day 19	Nap 80 Minutes
Day 5	Rest	Day 20	Recover
Day 6	Nap 25 Minutes	Day 21	Nap 85 Minutes
Day 7	Nap 30 Minutes	Day 22	Nap 90 Minutes
Day 8	Nap 35 Minutes	Day 23	Nap 95 Minutes
Day 9	Nap 40 Minutes	Day 24	Recover
Day 10	Rest	Day 25	Nap 100 Minutes
Day 11	Nap 45 Minutes	Day 26	Nap 105 Minutes
Day 12	Nap 50 Minutes	Day 27	Nap 110 Minute
Day 13	Nap 55 Minutes	Day 28	Recover
Day 14	1-Hour Nap!	Day 29	Nap 115 Minutes
Day 15	Rest	Day 30	Nap 2 Hours!

While the “napping challenge” is clearly a joke, we all know how important sleep is to our health and well-being, and yet, many do not get the recommended 7-9 hours of sleep each night. The COVID-19 situation may have impacted your work schedule, your children’s school schedule, and/or other aspects of your life, throwing off your daily routine. If so, it may be important to find a new routine that works for you to ensure that you can get adequate rest.

Dr. Jessica Payne-Murphy, UF clinical psychologist and Director of the Insomnia and Behavioral Sleep Medicine Clinic, has created this **5-minute video (and tip-sheet below) to assist you with developing healthy sleep habits:** <https://www.youtube.com/watch?v=X6fO87acUQI&feature=youtu.be>

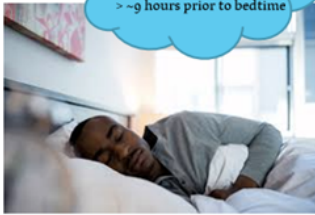
# Healthy Sleep Tips

More than 30% of people experience insomnia some time in their lives, often during times of stress. This can be very frustrating, and it can contribute to a cycle of daytime sleepiness, negative mood and lost productivity. Following these guidelines promotes healthy sleep. However, please speak to your doctor if your sleep does not improve or if you notice other symptoms such as changes in your breathing which may be signs of a treatable medical condition.

## Avoid

- Caffeine after noon\*
- Exercise, alcohol, nicotine or heavy meals within 2 hours of bedtime
- Electronic screen use within 1 hour of bedtime
  - free blue light-blocking programs work well such as f.lux
- Any non-sleep-related activities in the bed or bedroom (e.g. snacking, TV or cell phone use)
- Checking the clock time at night
- Naps, unless you are a shift worker and these are used to reset your sleep schedule. If you must nap, 30 minutes or less is best.

\*If you are a shift worker, time your caffeine use > 9 hours prior to bedtime



## Get to it

- Establish a consistent bedtime and wake time every day and sleep in the same bed every time
- Begin a relaxing post-work/pre-bedtime routine
- Listen to guided relaxation nightly (Insight Timer is a free app with thousands of free relaxation sessions)
- Allow a sufficient window of time for consolidated sleep. Some individuals need fewer than 8 hours while others need more. If you require caffeine or a nap within several hours of waking up to function, you may be experiencing sleep deprivation and need more time to sleep.
- Remove pets from the bedroom if they cause disruption

## If you already use these strategies and still experience trouble falling or returning to sleep, follow these steps:

1. When you can't fall or return to sleep within 30 minutes, (again, just estimate and do not look at the clock), rise from the bed and move to another dimly lit room.
  2. Engage in a boring, unproductive activity such as reading a magazine or circling the "o's" in a newspaper. You may also listen to a relaxation track (free Insight Timer app). Any non-arousing activity that you can put down easily will work.
  3. Once you feel sufficiently sleepy, return to the bed and attempt to fall asleep again.
  4. If you then notice that you are having trouble falling asleep again, repeat steps 1 through 3. Repeating these steps may occur the first week. This is because you are teaching your mind and body a new habit and adjustment takes time and practice.
- Be patient with yourself and reach out to the UF Health Insomnia and Behavioral Sleep Medicine Clinic for guidance (352-273-6033).

**UF** College of Public Health and Health Professions  
Department of Clinical and Health Psychology  
UNIVERSITY of FLORIDA

Insomnia and Behavioral Sleep Medicine at the University of Florida Health Science Center

If you're interested in a structured way to work on your sleep habits, you can sign up for the **GatorCare Wellness 28-day Sleep Challenge** (offered anytime, on-your-own-schedule)

here: <https://gatorcare.org/sleep/>

You can also download the **GatorCare Wellness Sleep Challenge guide** here:

<https://gatorcare.org/wordpress/files/2020/02/SC-Guide.pdf>

Finally, UF Wellness has adapted their **Good Night Gators program**, so it is now available in 2 formats: 1) Departments/units can request the programming be delivered to the group via videoconferencing, OR 2) Individuals can sign up to view presentations on-demand via online format. You can sign up for either version here: <https://wellness.hr.ufl.edu/initiatives/programs/good-night-gators/>

Stay rested and stay well!

Lisa J. Merlo, Ph.D., M.P.E.  
(Legal Name = Lisa Merlo Greene)  
Director of Wellness Programs, UF College of Medicine  
Director of Research, Professionals Resource Network  
Associate Professor of Psychiatry  
University of Florida  
Box 100256  
Gainesville, FL 32611  
352-294-4932  
[lmerlo@ufl.edu](mailto:lmerlo@ufl.edu)