



REBOOT

4-WEEK REST AND RECHARGE PROGRAM

If you are experiencing significant sleep challenges, connect with your physician and/or UI EAP at eaphelp@uiowa.edu. This program is intended to help individuals develop healthy habits to promote rest.

WEEK 1 SLEEP HABITS

- Set a sleep schedule
- Mute notifications before going to bed
- Set your bedroom to a cool temperature
- Create a relaxing bedtime routine
- Turn off lights and cover windows for a dark environment
- Get daylight exposure in the first hour of the day
- Lie in bed only when you are ready to sleep

WEEK 2 CALM YOUR MIND

- Write down three things you are grateful for
- Participate in a breathing exercise
- Write down your goals or to-do list before bed
- Identify three calming activities and do one
- Organize your living space
- Try a sleep or meditation app or podcast
- Write down or say two affirmations

WEEK 3 DISCONNECT

- Spend 15 minutes doing something for yourself
- Set a clear time when you are finished working
- Spend the first 10 minutes of the day without technology
- Designate a specific area or room for work
- Turn off technology one hour before bed
- Avoid negative content on social media or television
- Remove work email from your phone

WEEK 4 FOOD & MOVEMENT

- Stretch for 10 minutes
- Limit caffeine and alcohol intake six hours before bed
- Spend 30 minutes moving outside for sun exposure
- Finish your last meal at least two hours before bed
- Take a movement break every hour during the day
- Eat a fruit or vegetable for a snack
- Go for a 15-minute walk

Recharge Your Battery: check off a square for every healthy habit you complete.

