

Your Relationship to Sleep

Since you've been sleeping your whole life, you've likely got an interesting relationship to it. But perhaps you've never stopped to examine it before.

Which sentiment do you most closely identify with?

- Sleep is a nuisance and takes away from me achieving more.
- My life is hectic and I yearn for more sleep, but it's just not possible given my commitments.
- I've never given much thought to sleep.

Why do you think that is?

To what extent is sleep a priority in your life?

What choices do you make daily that positively or negatively impact the quality and duration of your sleep?

Given your current stage in life, how do your responsibilities impact your sleep?

What kind of extenuating circumstances do you face that impacts your sleep?

What do you remember about your sleep experience and the messages you received about it during your childhood? Adolescence? Early adulthood?

How has your relationship to sleep changed or remained the same over time?

If you could change one thing about your relationship to sleep, what would it be?

How does your organization's or team's culture promote, distract from, or discourage good sleep hygiene?

Upon reflection, what are 1 to 3 things you could do next week to begin your evolution into sleep leadership?

Additional Notes / Parting Thoughts:

Reach out with questions or feedback at: <https://beburnoutproof.com/Connect.html>

