



POSTPARTUM U

*Postpartum University®*



# YOUR SLEEP PLAN

WORKSHEET



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# Your Sleep Plan

**1.** Calculate how many hours of sleep you need per night to feel rested and rejuvenated. Most women need about 9-12 hours of sleep per night when healing in the years after childbirth.

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**2.** Calculate how many hours you are awake in the middle of the night on average.

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**3.** Take a minute to assess if there are any ways in which you can minimize those hours. For example, bringing baby to co-sleep with you or in a bassinet next to you to limit the time you are out of bed. Prepare bottles before bed. Enlist your partner to take over from bedtime to 1AM. Get creative to see what's possible for you.

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**4.** Adjust the number of hours you are awake in the middle of the night to accommodate those changes. Estimating is completely fine.

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# Your Sleep Plan

**5.** Add those wakeful hours to the number of hours of sleep you need per night. For example, if you are awake 3 hours a night, and your partner has agreed to watch baby until 1AM, by cutting off at least an hour of your time you can expect to wake 2 hours. Add 2 hours of sleep to your needed 9 hours for a total of 11 hours of sleep.

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**6.** Determine what time you need to be in bed to support your needed hours of sleep based on the time you know you need to wake.

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**7.** Make this bedtime your absolute number one priority. Try it. Adjust as you go. Keep an open dialogue with your partner about it. The more they see it is a priority for you, the more they will support you in your sleep and making sure you are getting enough.

