

Health Behavior: Sleep

Monitoring - Week 1:

- Friday 10/3: I went to bed around 1 am, was on my phone for most of the night, and listened to music as I fell asleep
- Saturday: I went to bed around 1:30 am. I was out late with friends until I finally made it home.
- Sunday: I went to bed around 12. Before bed, I was doing homework.
- Monday: I went to bed around 12. Before bed, I was doing homework.
- Tuesday: I went to bed around 12. Before bed, I was talking to my roommates a bit later than I would've liked.
- Wednesday: I went to bed around 11, went out late to eat with my roommates.
- Thursday: I went to bed around 12. Before bed, I was doing homework.

Trends: I noticed that I hated waking up early on the days I had my early class. I noticed I felt like a slug in a puddle. My mind didn't really feel as quick as it usually does.

Improve Health Behavior (Goal/Plan):

Health goal: I want to start going to sleep around 10-11 and get off my phone by 9.

Plan: I plan on accomplishing these goals, firstly, one at a time. I want to start off the first week and a half just focusing on the phone and putting that away earlier. The idea is that the earlier the phone is away, the earlier I'll want to go to bed. So the second goal should come almost naturally. In the setting, I'll turn on the wind-down night mode settings for about 8 pm. This basically slowly limits the phone's capabilities as you get closer to nine. Then I'll work, read, or talk to my roommates until it's bedtime.

Monitoring - Week 2:

- Friday 10/10: I went to bed around 12. I was hanging out with friends late, so the wind-down setting didn't help much.
- Saturday: I went to bed around 1 AM. Again, I was out late with friends. The wind didn't do too much.
- Sunday: I went to bed around 12, and I got ice cream with Gaby.
- Monday: I went to bed around 11:30. The wind-down did have an effect tonight since I was actually home for once.
- Tuesday: I went to bed around 12, and I was up late doing homework.

- Wednesday: I went to bed around 11. I think tonight was the best night in a while. The wind-down did its job, and I went right to sleep.
- Thursday: I went to bed around 12, and I was out late with Gaby again.

Trends & Adjustments: I was out late a lot with friends; my phone wasn't really the thing keeping me up. And if it wasn't friends, it was homework. So, to adjust, I need to move a lot of my night plans forward quite a bit. So that I can get home at a reasonable time.

Monitoring - Week 3:

- Friday 10/17: I was in bed by 11, nothing was going on, and I had no homework. The wind-down kicked in, and I just fell asleep listening to music.
- Saturday: I was in bed around 12, again out late with my roommates.
- Sunday: I was in bed by 10; my body was so tired from the night before. I just need to crash. And having my phone away at 9 really knocked me out.
- Monday: I was in bed around 11. I had a wonderful day, feeling alert and awake. Got a lot of homework done and work work. I had my phone away by 9 and was doing homework the rest of the night.
- Tuesday: I went to sleep around 12. I went out earlier this time, but lost track of time at the beach with Gaby.
- Wednesday: I went to bed around 10:30. I was cleaning a bit and listening to music.
- Thursday: woke up in a clean room, with a lot of the work for the week done. So I rewarded myself by keeping up the good work. I was in bed by 10, with a nice slow wind down and a nice conversation with my roommates.

Trends & Adjustments: I noticed that when I went to bed early, it set me up nicely for the day to come. And when that phone went away on time, it was easy to fall asleep. It felt like a natural thing.

Monitoring - Week 4:

- Friday 10/24: I was in bed around 11; it was very calm. I didn't do too much of anything, really.
- Saturday: I was in bed around 1. This was a late night with friends. It was an amazing night, but very late.
- Sunday: I needed to recover, so I was in bed by 10:30. It was a calming wind-down, then lights out.
- Monday: I was out with Gaby, but I got home not too late this time. I was home around 10:30 and in bed around 11.
- Tuesday: I went to sleep around 10. It was a good night. Dreamt for the first time in months. And woke up before my alarm.

- Wednesday: I was in bed around 10, got homework done before sleeping, and enjoyed my bed.
- Thursday: I was in bed around 12, and I hung out with my friends again. Overall, it was a good night, but just a bit late.

Trends & Adjustments: I was in bed earlier most nights, which put me in a better mood most days, and I felt sharper while boxing. I paid more attention in class and feel like I did better work.

Evaluate Your Goal and Plan: (answer the following questions)

1. How did you do? Was this challenging or easy? Why?

I feel like I could've definitely tried a little harder to stick to my plan and my goal. This was somewhere in the middle of challenging and easy. Not quite hard but not quite easy, I say this because the challenges I did face weren't difficult to overcome. But there were a number of challenges to the goal.

2. What trends did you notice that might help you be even more successful in the future? What kinds of adjustments helped you to be more successful?

I noticed that I was much more alert, happy, and focused when I got my proper sleep. I didn't wake up wanting to go back to sleep. I didn't go to bed feeling awake. I was ready for the day and felt like the day was ready for me.

3. Were other health behaviors involved – sleep, nutrition, physical activity? That is, if you were working on sleep, did anything in your nutrition or physical activity change? (This is not required-if nothing else changed, you can simply state that.)

In the physical activity, I was a lot more alert and accurate. For example, in boxing, I was sparring much better. Making many fewer mistakes, and overall, my offense was much better. And defense was much more effective.

4. Have you ever tried to change your health behavior before (either this one specifically, or another one from this list)?

Yes, I tried to change my sleeping habits freshman year.

1. If yes, how did it go?

That ended just as quickly as it started. Since I wasn't ready to make all the changes that were necessary to fix that. And then I went right back to my old ways.

2. If no, just state that you have not.
5. If changing health behaviors is easy, everyone should be healthy and do all the right things. We know this is not the case. Why do you think it is so challenging to change health behaviors?

I think it's challenging to change our behaviors because most of them have become habits. And we are comfortable with them now, so most of our lives have, in a way, been shaped around those habits. So we wouldn't just have to change that one thing, but a lot of things.

6. *Did you use AI?*

No, I didn't use any AI.