LINCOLN UNIVERSITY COLLEGE OF SCIENCE MANAGEMENT AND TECHNOLOGY

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Solving the Problem of Sleeping Late

Understanding the Problem

Why Do People Sleep Late?

Many of us struggle with late-night sleep, and it can have a big impact on our daily lives—making us feel tired, reducing productivity, and even affecting our health. Some of the common reasons for sleeping late include:

- **Too Much Screen Time**: Phones, laptops, and TVs emit blue light that messes with our sleep hormones.
- **Poor Time Management**: When we don't plan our day well, we end up working or scrolling late at night.
- **Stress and Anxiety**: A busy mind can keep us awake, making it hard to relax.
- **Caffeine and Diet**: Drinking coffee or eating heavy meals late in the evening can disrupt sleep.
- **Social Activities & Entertainment**: Late-night hangouts or binge-watching TV shows can push bedtime later than planned.

Visualizing the Problem

A **Cause-and-Effect Diagram** (**Fishbone Diagram**) can help map out the different factors leading to late sleeping.

Setting Realistic Goals

SMART Goals for Better Sleep

To make a real change, we need clear goals that are **Specific, Measurable, Achievable, Relevant, and Time-bound (SMART).** Here's an example:

- **Goal**: "Move bedtime from 2:00 AM to 11:00 PM within four weeks."
- **Measurable**: Track how often bedtime is before 11:00 PM.
- **Achievable**: Adjust bedtime gradually instead of all at once.
- **Relevant**: Better sleep leads to improved health and focus.
- **Time-bound**: A four-week timeframe keeps progress on track.

Breaking It Down: The Plan

Work Breakdown Structure (WBS)

To make this change easier, we'll divide the process into smaller steps:

1. **Reduce Triggers**
   o Limit screen time after 10 PM.
   o Cut back on late caffeine and heavy meals.
   o Organize daily tasks to finish earlier.
2. **Create a Relaxing Bedtime Routine**
   o Read a book before bed.
   o Try relaxation techniques like meditation.
   o Stick to a consistent schedule every night.
3. **Improve Sleep Environment**
   o Make the bedroom dark, quiet, and cool.
   o Use night mode on devices.
   o Set reminders to start winding down.
4. **Track Progress and Adjust**
   o Keep a sleep journal or use an app.
   o Make changes based on what's working.

Measuring Progress

Key Performance Indicators (KPIs)

To know if the plan is working, we'll track:

- **Average bedtime per week** – Are we moving closer to 11:00 PM?
- **Number of nights slept before midnight** – Are we consistently improving?
- **Total sleep hours** – Are we getting enough rest?

Tracking the Journey

Using a **Google Spreadsheet** or a **sleep tracking app** (like Sleep Cycle) will help monitor bedtime and sleep duration.

Managing Challenges

Possible Setbacks & How to Handle Them

Challenge	Solution
Work deadlines	Plan tasks earlier in the day
Social events	Schedule meetups earlier in the events
Stress & overthinking	Try journaling or mindfulness exercises
Digital distractions	Set app limits and enable bedtime mode

Step-by-Step Implementation

4-Week Plan (Gantt Chart)

Week	Action
Week 1	Shift bedtime by 30 minutes earlier (1:30 AM)
Week 2	Reduce bedtime further to 12:30 AM
Week 3	Implement full routine and aim for 11:30 PM
Week 4	Consistently sleep by 11:00 PM

[A Gantt chart can visually map out this timeline.]

Reviewing Progress

How to Measure Success

- Compare sleep data from before and after the four-week plan.
- Check if bedtime is consistently before 11:00 PM.
- Assess energy levels and productivity improvements.

Project Closure Report

Results

- Successfully reduced bedtime to 11:00 PM.
- Improved overall sleep quality and daily productivity.

What We Learned

- Cutting screen time was the most effective change.
- Planning daily activities earlier helped reduce late-night work.

Future Recommendations

- Maintain the routine for long-term benefits.
- Experiment with additional relaxation techniques if needed.

Final Deliverables:

1. **A Written Report** – Summarizing all the steps taken.
2. **Visual Aids** – Cause-and-Effect Diagram, Work Breakdown Structure, and Gantt Chart.
3. **Sleep Tracking Evidence** – A screenshot of recorded sleep patterns.

Deadline: 02/03/2025
Lecturer: Mr. Assadullah Yahya Sanusi