

# Sleep Hygiene Index Scoring Guide

## Sleep Hygiene Index (SHI)

**Sleep Hygiene:** habits and routines that enable healthy sleep behaviors and appropriate stimulus control (i.e. light and temperature control of sleep spaces)

### Scoring Guide:

- Greater than 39.5 = Poor sleep hygiene. Consider your results to write 1 strength and 1 goal to focus on for 7 days.
- 26 to 39.5 = Fair sleep hygiene. Consider your results to write 2 strengths and 1 goal to focus on for 7 days.
- 12.5 to 26 = Moderate sleep hygiene. Consider your results to write 3 strengths and 1 goal to focus on for 7 days.
- Less than 12.5 = Excellent sleep hygiene is excellent. Consider your results to write 4 strengths and identify what situations could cause you to compromise your sleep habits.

### Timing of Operations

### Strategy

Before	<ul style="list-style-type: none"><li>· Integrate sleep extension (“banking”) into training plans 2wks prior to execution</li><li>· Set conditions for 8 or more hours of sleep per 24hr period</li><li>· Implement reverse cycle physical training (~1600-1700)</li><li>· Stop caffeine, tobacco, and alcohol use at least 6hrs before sleep</li></ul>
During	<ul style="list-style-type: none"><li>· Integrate naps to accumulate 7-9hrs of sleep</li><li>· Use caffeine to reduce grogginess and improve alertness</li><li>· Separate day and night shift sleeping areas</li></ul>
After	<ul style="list-style-type: none"><li>· Allow additional time for sleep extension (“banking”)</li><li>· Sleep at least 8hrs to return to optimal cognitive and physical performance</li></ul>