

How to Shift Your Sleep for Race Day

(And How to Use This Chart)

1. What time do you normally wake up?
 1. Put that time in the "Wake Up Time" box on Day 8
2. Using your race plan and your race day schedule, what time do you need to wake up on race morning?
 1. Put that time in the "Wake Up Time" box for "Race Day" AND for Day 1.
3. How many hours of sleep make it a good night for you?
 1. What time do you need to go to bed so you can wake up at your Race Day "Wake Up Time"? Put that time in the "Sleep Time" box of Day 1 and 2.
4. Now some math: How much earlier do you need to wake up each morning to get from Day 8 to Day 1?
 1. Stagger by 15 minutes? 30 minutes?
 2. If it's not a huge shift, use 5 or 10 minute increments. You can also repeat the same wake up time for a day or two. (ie: 5:45, 5:45, 5:30, 5:30)
 3. Do the math and write the wake up times in Days 2-7.
5. A little more math: How much did you shift your wake up time each day?
 1. Do that math to fill in the boxes under "Sleep Time" in Days 2-7
6. We all take some time to fall asleep after we go to bed. What time do you need to go to bed in order to fall asleep by your "Sleep Time?" Start with the time for Day 1.
 1. Using just a little more math, fill in the "In Bed" times for Days 2-7.
7. How long before bed do you need to eat dinner? Do just a little more math and write that time in "Dinner Time" in Day 1.
 1. Using just a little more math, fill in the "Dinner" times for Days 2-7.
8. Is there a specific thing that happens that is relevant to "Dinner Time" or "Sleep Time?" When does it need to happen? Use the blank column to fill that for Day 1.
 1. Using just a little more math, fill in those times for Days 2-7.

And now you're all set. Put this on the fridge, in the bathroom, next to your bed, or anywhere you're going to see it often enough that it reminds you what time you need to get to bed, and do all the other stuff.

The most difficult thing in this is that the Wake Up Time for Day 1 goes in Day 1. The "Sleep Time" for that Wake Up Time goes in Day 2. Use the color coding. As long as you can follow that, you get all the gold stars!

Day/Date	Wake up time	Sleep time	In bed time	Dinner time	
8					
7					
6					
5					
4					
3					
2					
1					
Race Day!					

