

Sleeping in a Full House

For when other people in the house are part of how your nights go.

WHEN TO USE THIS

Use this before you talk with the people you live with about sleep.

Who else is around at night, and how does that shape your sleep?

A partner, kids, roommates, someone you get up to care for.

Put down what each of you needs at night.

WHAT I NEED

WHAT THEY NEED

Asking for something at night is not being difficult. Everyone in the house does better when one of you is not wrecked.

What is one thing you could ask for this week?

Separate blankets, a fan, one night where someone else gets up.

Say the small ask out loud. Most people would rather be told than guessed at.