Engineering a Well-Rested Family
A conversation with Brian Wills, Manager, Information Systems Engineering

The Balancing Act – Something’s Gotta Give
Brian Wills knows he needs time alone to recharge. Trouble is, by the time his work/life duties finally get done, “me time” cuts into sleep time.

“I’m an introvert who really thrives when I have time to process my day,” says Brian. However, by the time all the chores get done, Brian’s processing time begins at 9 pm, pushing his bedtime to 10:30 pm or later.

Sleep Health Action Plan to the Rescue
Knowing full well the importance of sleep on his health and productivity, Brian took action by joining the Improve Sleep Health Action Plan to get the ball rolling.

Engineering a Sleep System for the Whole Family
“My wife and I determined that an important element to a well-rested family, is quiet time.” Quiet time at the Wills’ house begins at 8 pm with the kids ready for bed. “They can be in their rooms with the door closed and opt to play quietly or go to sleep,” Brian explained. Then, it’s lights out for the 3-year-old at 8:30 pm; 8:45 pm for the 5-year-old; and 9 pm for the 7-year-old.

“In the morning, we have alarm clocks that can be set to glow at a certain time,” said Brian. “Each is set for 7:30 am. If the kids wake up before the alarm, they can go to the bathroom, but need to stay in their bed until their clock glows. Then they are free to get up.”

Relax and Restore Time between 8 pm and 7:30 am equals Win-Win
These two safeguards help ensure that parents and kids have a large stretch of time to rest quietly or do whatever they need to relax between 8 pm and 7:30 am. “This seems to work well for everyone,” said Brian.

August Sleep Education Class in the 904 Auditorium (Invited guests welcome)
Aug 23, 12-1p, Conquer Insomnia to get your Best Sleep Ever!