Sleep Hygiene Worksheet

Basic Information					
First Name	Last Name	Date of Birth	Gender		
	Olean Uvrie	na Obaaklist			
Sleep Hygiene Checklist Select which of the below you do/use on a daily basis:					
-	-		- Cmaking		
			Smoking		
	□ Napping	🗆 Eat a big mod loss that	Watch TV in bed		
Relaxation or stress management techniques		Eat a big meal less than three hours before bedtime			
Use my phone in bed or in the hour before bedtime		Engage in stimulating activities just before bed			
Go to sleep at different times every night and/or wake up at irregular times in the morning					
Healthy Daytime Habits					
Good quality sleep at night starts with having healthy habits in the daytime. Take a minute to identify what habits you want to focus on improving, and which habits are holding you back from quality sleep at night.					
I want to reduce the following unhealthy daytime habits (e.g. reduce caffeine or alcohol consumption, and avoid napping during the day):					
	Night Tim	e Routine			
Having a relaxing nighttime routine can help you wind down and get ready for a good night's sleep. To help develop your own nightly routine, try answering the below questions:					
What relaxing activities you can do in the hour before bedtime that are not screen-based?					
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	Night Time Rou	itine (continued)	1		
What does your ideal nighttime routine look like? (include specific activities and times)					
what does your ideal hightlime routine look like? (include specific activities and times)					
	Sleep S	chedule			
Having a set sleep schedule is important to help your body clock stay in its natural rhythm. Think about your					
daily routine, and decide on the time you will go to bed and the time you will wake up and write them down					
here:					
I will go to bed at:		I will wake up at:			
	Oleaning F				
		nvironment			
Think to yourself, is my be	droom				
· Cool?					
• Dark?					
Quiet?					
Comfortable?					
If not, what can you do to improve your sleeping environment so it meets the above criteria? (e.g. black out curtains,					
soundproofing, mattress topper)					
When you can't get to sleep					
If it's been more than about 20 minutes and you are still having trouble getting to sleep:					
Get out of bed and try a quiet activity					
Don't force yourself to stay in bed if you can't fall asleep Go back to bed when you're feeling tired again					
Go back to bed when you're feeling tired again					
What are some activities you can do if you can't sleep? (not screen-based)					

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