



## Basic Information

First Name

Last Name

Date of Birth

Gender

## Night Time Routine (continued)

What does your ideal nighttime routine look like? (include specific activities and times)

## Sleep Schedule

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:

## Sleeping Environment

Think to yourself, is my bedroom...

- 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

What are some activities you can do if you can't sleep? (not screen-based)