

You can use this sheet to record which changes are part of your sleep plan. The main points of sleep hygiene and treatment for poor sleep are given below. (They are explained in detail [here](#))

You can circle the ones that you plan to use, and fill in details of how you plan to do this in the space below each one.

Remember to stick to your plan for 2 weeks and don't worry about a 'bad night'. It may take time.

- ★ Get up at the same time every day
- ★ Bright natural daylight or bright artificial full spectrum light in the morning
- ★ Stay awake all day, no napping
- ★ Get exercise done by late afternoon
- ★ A light and early evening meal.
- ★ Let it get dark(er) in the evening.
- ★ Stop using screens, smart phones, and watching TV and hour or two before bedtime
- ★ Relaxation before bed
- ★ Reduce evening alcohol, consider quitting smoking
- ★ Bedtime routine
- ★ Calming Bedroom environment
- ★ Go to bed at allowing enough time before you get up.
- ★ Focus on relaxing in bed
- ★ Use relaxation breathing technique if still awake
- ★ Use boring activity if still awake after 20 minutes
- ★ Use relaxation if waking during night

If after 2 weeks, your sleep could still be better, are there further changes you could make and try again?