

Daily Sleep Plan



I will go to bed at _____ and get up at _____ every day.

I will make time to put the day to rest at _____.

I will exercise at _____.

I will plan a relaxation break for _____ and /or _____.

I will make a pre-sleep routine with _____

I will eat supper 4 hours before bedtime.

I will get out of bed if I can't fall asleep and go back to bed when I feel sleepy.

I will practice managing stress by: _____

I will limit my daily caffeine to 1 cup before noon.

I will stop drinking fluids 2 hours before I go to bed.

I will check in with my thoughts and feeling about sleep to make sure they are realistic.