

Sleep friendly choices I made today...	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
1. Got natural light within the first 20 minutes of waking up							
2. Opened blinds, moved closer to a window, and/or took a “sun break”							
3. Exercised for 30 minutes or more during the day							
4. Took one-minute before entering your home to mentally switch my brain off from work							
5. Cut back on liquids in the evening to avoid waking up to use the bathroom							
6. Avoided screens 30-60 minutes before you plan on going to bed							
7. Practiced a relaxing bed time ritual prior to going to bed							
8. Did not do any activities in bed (eat, watch TV, read, etc.)							
9. Only went to bed when I was truly tired							
10. I used a fall back to sleep technique (if I woke up)							
Went to bed:							
Woke up:							
<b>To help me fall asleep, I tried...</b>	<b>Notes: I tried this and...</b>					<b>Add to routine?</b>	
Setting the mood						Y	N
Reading or listening to an audiobook						Y	N
Listening to calm, peaceful music						Y	N
Jotting down the best parts of my day						Y	N
Reviewing my calendar and mentally preparing for tomorrow						Y	N
Stretching, meditating or breathing						Y	N
<b>To get back to sleep, I tried...(if applicable)</b>	<b>Notes: I tried this and...</b>					<b>Did this work?</b>	
Not stressing or checking the time						Y	N
Getting out of bed and doing something quiet and unexciting						Y	N
Keeping it dim						Y	N
Dumping my thoughts						Y	N
Stretching, meditating or breathing						Y	N
Focusing on my body						Y	N

28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
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<b>To help me fall asleep, I tried...</b>			<b>Notes: I tried this and...</b>		<b>Add to routine?</b>	
Setting the mood					Y	N
Reading or listening to an audiobook					Y	N
Listening to calm, peaceful music					Y	N
Jotting down the best parts of my day					Y	N
Reviewing my calendar and mentally preparing for tomorrow					Y	N
Stretching, meditating or breathing					Y	N
<b>To get back to sleep, I tried...(if applicable)</b>			<b>Notes: I tried this and...</b>		<b>Did this work?</b>	
Not stressing or checking the time					Y	N
Getting out of bed and doing something quiet and unexciting					Y	N
Keeping it dim					Y	N
Dumping my thoughts					Y	N
Stretching, meditating or breathing					Y	N
Focusing on my body					Y	N

Week 1	Rate your sleep quality					Did you fall asleep easily?	If you woke up, did you fall
21-Feb	1	2	3	4	5	Yes or No	Yes or No
22-Feb	1	2	3	4	5	Yes or No	Yes or No
23-Feb	1	2	3	4	5	Yes or No	Yes or No
24-Feb	1	2	3	4	5	Yes or No	Yes or No
25-Feb	1	2	3	4	5	Yes or No	Yes or No
26-Feb	1	2	3	4	5	Yes or No	Yes or No
27-Feb	1	2	3	4	5	Yes or No	Yes or No
Week 2	Rate your sleep quality					Did you fall asleep easily?	If you woke up, did you fall
28-Feb	1	2	3	4	5	Yes or No	Yes or No
1-Mar	1	2	3	4	5	Yes or No	Yes or No
2-Mar	1	2	3	4	5	Yes or No	Yes or No
3-Mar	1	2	3	4	5	Yes or No	Yes or No
4-Mar	1	2	3	4	5	Yes or No	Yes or No
5-Mar	1	2	3	4	5	Yes or No	Yes or No
6-Mar	1	2	3	4	5	Yes or No	Yes or No

My favorite sleep friendly choices are:

My ideal bedtime routine is:

The best back-to-sleep techniques are: