

Working on Sleep Hygiene

Many people find it challenging to sleep, whether it's from struggling to fall asleep, waking up in the middle of the night, or a combination of the two. But it is one of the most important things we need to function day to day. Use this worksheet to understand more about how you're currently sleeping and how you can work on your sleep hygiene.

Example

What is your current sleep routine? Think about what you do before bed, when you put your phone away, how long it takes you to sleep, how often do you wake up, etc.

- I watch a bit of tv before bed to unwind from the day
- Once I get in bed, I scroll through my timeline for a bit before trying to sleep
- I often find myself staring at my ceiling trying to sleep before I get bored and go back on my phone
- I think overall it takes me over an hour to fall asleep and I usually wake up at least once

How is this working for you? Is there any aspect of your routine that is helpful (i.e., maybe a self-care activity you do beforehand that helps you relax)? Is there anything that may stand between you and a good night's sleep?

- It's not working great, I'm so tired in the morning because any sleep I do get doesn't feel restful
- I do find that watching tv before bed helps me to destress
- But my phone is definitely a distraction as I turn it on sometimes
- I also feel like I'm just forcing myself to sleep at night so by the time I'm trying to sleep, I feel awake and overthinking it

Based off of what isn't working well, how could you adjust your sleep routine? Keep it realistic and doable. Think about: when does your body say it needs to sleep (keeping this realistic), limiting caffeine, putting your phone away early, working on breathing exercises before bed, etc.

- I could watch tv for an hour, 2 hours before I intend to sleep
- I know I don't feel tired until 11pm, so instead, I won't force myself to sleep before that, I'll start going to bed at 11pm, since I still can get 7 hours of sleep
- I will keep my phone on the opposite side of my room so I'm not tempted to use it and I can invest in an alarm clock to wake me up
- For the hour before I go to sleep, I can spend the time journaling or doing breathing exercises to stay in the present moment and unwind from the day
- If I wake up and find myself unable to go to sleep, I will take a break from my bedroom and go somewhere else for a change of scenery, but I won't go on my phone



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