

Sleep Hygiene Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Sleep hygiene refers to the set of practices and habits that promote consistent, restful, and high-quality sleep. Maintaining good sleep hygiene can help regulate your internal body clock, reduce sleep disturbances, and improve overall physical and mental health.

Improved physical health: Quality sleep supports immunity, heart health, and energy levels. Better mental clarity: Sleep improves focus, memory, and decision-making. Emotional well-being: Restorative sleep is key to managing stress and emotions. Productivity and performance: Consistent sleep enhances daily functioning and productivity.

Consistent schedule: Go to bed and wake up at the same time every day. Sleep environment: Keep your bedroom cool, dark, quiet, and comfortable. Pre-sleep routine: Engage in relaxing, screen-free activities before bed. Healthy habits: Avoid caffeine, alcohol, and heavy meals close to bedtime. Daytime behaviors: Exercise regularly and limit naps to short durations.

A sleep diary is a valuable tool to track your sleep patterns and identify habits or behaviors that may impact your rest. By completing this diary daily, you can gain insights into factors affecting your sleep quality and energy levels.

Date: _____ dd / mm / yyyy Bedtime: _____

Time to fall asleep: _____ Wake-up time: _____

Nighttime awakenings (number): _____ Total sleep (hours): _____

Sleep quality (1-10):

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

1
2
3
4
5
6
7
8
9
10

Daytime energy (1-10):

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

1
2
3
4
5
6
7
8
9
10

Comments:

Good quality sleep at night starts with having healthy habits in the daytime. Take a minute to identify what habits you want to focus on improving and which habits are holding you back from quality sleep at night.

I want to focus on developing the following healthy daytime habits to improve my sleep hygiene (e.g., consistent exercise, balanced diet, practicing relaxation techniques like mindfulness or deep breathing):

I want to reduce or eliminate the following unhealthy habits that may be impacting my sleep quality (e.g., limit caffeine or alcohol consumption, avoid long or late naps, reduce screen time close to bedtime):

A consistent sleep schedule helps regulate your body clock and keeps it in its natural rhythm. Take a moment to plan your sleep schedule based on your daily routine and write it down here:

I will go to bed at: _____ I will wake up: _____

Your bedroom environment has a significant impact on the quality of your sleep. A space that is dark, cool, quiet, and comfortable promotes better rest and helps your body relax.

If any of these criteria are not met, consider what changes you can make to improve your sleep environment. Specify below:

A consistent and calming night-time routine is essential for signaling to your body that it's time to relax and prepare for sleep. Use this step to design a routine tailored to your needs, incorporating relaxing activities and avoiding common disruptors.

Specify below:

Based on your habits, set clear and actionable goals for improving your sleep. These goals should address negative habits and reinforce positive ones.

Goal 1:

Goal 2:

Goal 3:

Even with the best sleep hygiene and routines, there will be nights when stress, excitement, or unforeseen events keep you awake. It's important to have a plan in place for these moments to reduce frustration and help you fall asleep more easily when the opportunity arises.

Write your own plan here:

Use these additional tips to reinforce good sleep hygiene and maximize your efforts for better sleep: Keep evenings low-key: Avoid stimulating conversations, debates, or high-energy activities late in the evening. Opt for calming interactions or solo time to unwind. Expose yourself to morning light: Natural light exposure shortly after waking helps regulate your circadian rhythm, making it easier to feel alert during the day and sleepy at night. Limit fluid intake before bed: Reduce how much you drink 1–2 hours before bedtime to minimize nighttime awakenings caused by trips to the bathroom. Establish a sleep buffer zone: Spend the hour before bed transitioning from the day to a calm state. Create a mental boundary between daytime stress and nighttime rest. Set clear boundaries for work and relaxation: Avoid working too late or taking work into the bedroom. Maintaining clear boundaries reinforces your bedroom's association with rest. Embrace consistency over perfection: Prioritize regular habits, but don't stress over occasional disruptions. A single night of poor sleep doesn't undo progress—just return to your routine the next day