SLEEP WORKSHEET

Use this worksheet daily take an inventory/ build awareness around your sleep habits. *If you need to take a closer look at what may be contributing to sleep issues, try the next worksheet.*

☐	Wake up and go to bed at the same time daily
☐	Stop caffeine after 2 p.m.
☐	No screens 1 hour before bed
☐	Dim lights after 8 p.m.
☐	Bedroom temp: 64–68°F
☐	Quiet, dark, cool sleeping space
☐	Evening wind-down routine (breathing, stretching, no work)
☐	Hydration wrapped up by 6 p.m.
☐	Eating completed 1–3 hours before you want to fall asleep.