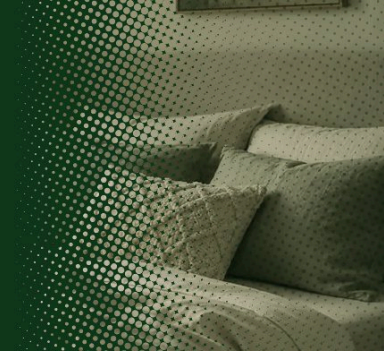
mindhealth WORKSHEET

SLEEP · A WEEK IN VIEW

My Sleep Hygiene

Sleep hygiene means the everyday habits that protect sleep. Track one week, then choose one or two habits to change.



Type into the boxes on screen, or print it and use a pen.

	Bedtime	Wake-up time	Hours of sleep	Quality of sleep 1 low · 5 high	Factors affecting sleep
Monday				○ ○ ○ ○ ○	
Tuesday				○ ○ ○ ○ ○	
Wednesday				○ ○ ○ ○ ○	
Thursday				○ ○ ○ ○ ○	
Friday				○ ○ ○ ○ ○	
Saturday				○ ○ ○ ○ ○	
Sunday				○ ○ ○ ○ ○	

SLEEP TIPS

Small habits, steady nights

- Establish a consistent sleep schedule, even on weekends and holidays.
- Avoid caffeine and screens before bed, as these can interfere with your sleep.
- Seek support from a healthcare provider or sleep specialist if you are experiencing ongoing sleep issues.
- Create a relaxing bedtime routine, such as taking a warm bath or reading a book before bed.
- Create a comfortable sleep environment that is cool, quiet, and dark.

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MY PLAN

Steps I can take

What specific steps can I take to improve my sleep hygiene? This could include establishing a consistent sleep schedule, creating a relaxing bedtime routine, or avoiding caffeine and screens before bed.

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

Notes

Need support right now? Lifeline 13 11 14 · Emergency 000 — available 24/7. More options: mindhealth.com.au/urgent-help

TALK TO US WHEN YOU'RE READY
Parramatta and online, Australia-wide · **Book at mindhealth.com.au**
1300 084 200

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