

Reflect on your sleep

Write short responses to the questions below to reflect on your sleep.

How much sleep do I normally get per night? How much would I like to be getting?

What challenges are impacting my sleep at the moment?

What benefits do I notice in myself if I'm sleeping well?

Define your sleep goals

In the table below, write three challenges that have been impacting your sleep. Then write simple goals to address these challenges and help you sleep better.

Top tip! The more specific you are with your goals, the easier they will be to put into practice.

Challenge	Goal for sleeping better
Example: Using social media before bed makes me feel stimulated and alert.	Example: Put aside screens one hour before bed.
1.	
2.	

3.	
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