



1. Sleep: Action Plan Example

Think about one thing to focus on at a time. Then when you track your sleep in the the log on the next pages you can record your habit and see how it's working for you. (See sample below for ideas!)

EXAMPLE

I will start September 15, Saturday

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I will wind down 30 minutes before bed by avoiding screens
an hour before bed.

(Behavior - What habit do you want to do. Eg. Meditate before bed, limit screens)

My cue is to set an alarm on my phone for 10pm

(A trigger to remind you. Eg. an alarm to wind down)

I will go to bed at the same time every night at 10:30pm

I will wake up at the same time every morning at 7:30am

(Try to keep bed time and wake time consistent)

Environment: close drapes and dim the lights.

Set timer for 20 minutes of wind down music.

(Set up your sleep environment. Eg. Close drapes, lavender, support pillow)

Reward: Finally getting to read my novel and I'm looking
forward to the next book.

(A reward to reinforce your habit. Eg.)

Not ready for a big change yet? Start off with a tiny habit.

(eg. Read instead of watching TV 30 minutes before bed)

My tiny habit: Go to bed 10 minutes earlier each week until

I get to my desired bedtime at 10:30pm

(Small changes over time will have a big impact)



1. Sleep: Your Action Plan

Why do you want to improve your sleeping habit.

I will start _____

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I will _____

(Behavior - What habit do you want to do. Eg. Meditate before bed, limit screens)

My cue is _____

(A trigger to remind you. Eg. an alarm to wind down)

I will go to bed at _____

I will wake up at _____

(Try to keep bed time and wake time consistent)

Environment: _____

(Set up your sleep environment. Eg. Close drapes, lavender, support pillow)

Reward: _____

(A reward to reinforce your habit. Eg.)

Not ready for a big change yet? Start off with a tiny habit.

(eg. Read instead of watching TV 30 minutes before bed)

My tiny habit: _____

(Small changes over time will have a big impact)