

SLEEP WELL. BE WELL. LIVE WELL.

THE WELL TEAM

# BETTER SLEEP ACTION PLAN

For each category, choose 1-2 behavior changes you can commit to in the next 30 days. Even if you can't make every change, small changes can lead to big impacts on your quality of sleep!

## TO ACHIEVE MORE CONSISTENT SLEEP:

*In the next 30 days, I plan to:*

- WAKE UP WITHIN AN HOUR OF MY NORMAL WAKE-UP TIME, INCLUDING THE WEEKENDS.
- EXPOSE MYSELF TO SUNLIGHT OR OTHER BRIGHT LIGHTS IN THE MORNING.
- SKIP THE NAPS, OR LIMIT TO LESS THAN AN HOUR EARLY IN THE AFTERNOON.
- AVOID GOING TO BED UNTIL I AM DROWSY.
- OTHER:

## TO ACHIEVE HIGHER QUALITY SLEEP:

*In the next 30 days, I plan to:*

- KEEP A SLEEP JOURNAL TO ASSESS SLEEP DIFFICULTIES.
- BEGIN A CONSISTENT EXERCISE PROGRAM.
- AVOID EXERCISING WITHIN 2 HOURS OF BEDTIME.
- EAT A LIGHT SNACK BEFORE BED IF I AM HUNGRY.
- AVOID ALCOHOL AND SMOKING WITHIN 2 HOURS OF BEDTIME.
- AVOID CAFFEINE WITHIN 6 HOURS OF BEDTIME.
- OTHER:

## TO IMPROVE YOUR SLEEP ENVIRONMENT:

*In the next 30 days, I plan to:*

- USE THE BED ONLY FOR SLEEP.
- START RELAXING (WITHOUT YOUR CELL PHONE) AN HOUR BEFORE BEDTIME.
- CREATE A BEDTIME ROUTINE.
- GET UP IF YOU CAN'T FALL ASLEEP WITHIN 15 MINUTES.
- WEAR A SLEEP MASK TO BLOCK OUT EXCESS LIGHT.
- USE EAR PLUGS OR FAN/WHITE NOISE DEVICE TO BLOCK EXCESS NOISE.
- OTHER: