

RESTORING RESTFUL SLEEP

PURPOSE

Stress and worry interfere with sleep, and poor sleep leads to increased vulnerability to the effects of stress. This worksheet will help you identify strategies to improve sleep quality.

INSTRUCTIONS

Use the sleep diary below to keep track of your bedtime routines and sleep quality. Fill in the boxes with the specific strategies that you want to try this week (use the examples below to get you started). Each morning, check off the boxes beside the strategies that you used the night before and rate your sleep quality. Compare each week to see which strategies consistently work best for you.

Examples of strategies for a good sleep:

- **Routine:** Go to bed and get up at the same time every day. Avoid naps during the day.
 - Keep a regular daytime routine, including exercise earlier in the day.
- **Ritual:** Have a bedtime unwinding ritual, such as taking a warm bath, drinking hot milk, or doing a relaxation exercise.
- **Comfort:** Have a cool room with warm blankets. Keep the room dark and quiet at night.
- **Decrease stimulation:**
 - Avoid alcohol, caffeine, nicotine, and cannabis for at least four hours before sleep.
 - Don't watch TV, read, eat, or use a computer or phone in the bedroom; use the bed only for sleep and sex.
- **Relax:** Avoid trying to force sleep to come. Go to bed when sleepy, not before. If you are not asleep in 20 minutes, get up, leave the bedroom, and do something boring.

My sleeping strategies for the week of:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
My routine:							
My ritual:							
My comfort:							
I decreased stimulation by:							
I relaxed by:							
Other:							
Sleep Quality Rating (1-10) 1 = Poor sleep, do not feel rested 10 = Slept very well, feel fully rested							