



## My Sleep Plan

**Inspiration:** Why I want to have a great night's sleep:

**Extras:**

- Technology:** What time will I turn it off?
- Don't eat too late:** What time will I stop eating?
- Caffeine:** Will I cut it out or cut back or stop drinking at a certain time?
- Make your bedroom space sacred:** Anything to change in my bedroom?

How much time for routine? \_\_

Ideal bedtime: \_\_\_\_\_

How many hours of sleep? \_\_

DAILY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28