

My New Sleep Plan

(To be completed with information from healthy habits sections)

1. I will set a reasonable bedtime and arising time and stick to them.
 - My **new** bedtime will be no earlier than about _____ (or later if I am not yet sleepy).
 - My **new** rise time will be _____ every day, no matter how bad I slept that night.
2. I will take at least an hour before bedtime to unwind. I will do the following to unwind: _____ or _____ or _____.
3. I will go to bed only when I am sleepy. I know I am sleepy when _____.
4. I will get out of bed if I can't fall asleep or go back to sleep in about 15 minutes (I will not clock-watch); I will return to bed only when I feel sleepy. I agree to repeat this step each time I wake up during the night.
5. When I get out of bed in the night I will do the following: _____ or _____ or _____.
6. I will _____ or _____ to help me get up in the morning at the same time every day.
7. I will use the bed/bedroom for sleep and sex only
8. I will not watch TV, listen to the radio, eat, or read in bed.
9. I will not nap during the day.

Planned Improvements of My Sleep Hygiene

(Check those that apply)

- _____ **Avoid Caffeine after Lunch.** I will not have caffeine after lunch.
- _____ **Avoid Alcohol after Dinner.** I will not have any alcohol after dinner and will not drink more than one drink during dinner.
- _____ **Avoid Nicotine 1-2 Hours Before Bedtime.** I will not have a cigarette or other nicotine products after _____ hrs.
- _____ **Don't Exercise Within 3 Hours of Bedtime.** I will not exercise after _____ hrs.
- _____ **Ensure your Bedroom is a Comfortable Temperature, Quiet, and Dark.** I will make the following changes to my bedroom: _____
- _____ **Eat a Light Snack at Bedtime but Avoid High-Fat or Gas-Producing Foods**
- _____ **Avoid Excessive Fluids Near Bedtime.** I will not have more than 8 ounces of fluid after _____ hrs.

Relaxation

I will practice relaxation at _____ am/pm and again at bedtime.

Negative Thoughts

I will try to replace unbalanced, negative thoughts about sleep with balanced ones in the future.

To Do List

I will make a to do list every afternoon, well before bedtime, during which I can deal with the problems and concerns so I don't have to at bedtime.