

Make a plan for better sleep



Getting a good night's sleep doesn't start at bedtime. It's actually dependent on the choices you make throughout much of your day—which means you need to be thinking about, and planning for, good sleep well before your head hits the pillow. Fill in the sections below to create a sleep plan that works for you!

Create your sleep plan

By doing the same activities each night, you can train your body and mind to get ready for sleep. Filling out all three sections will help you be fully prepared not just for a good night's sleep, but also a great tomorrow!

1. Build your nighttime wind-down toolbox

As it gets closer to bedtime, avoid doing stimulating activities that can disrupt your ability to get to sleep and replace them with activities that allow your brain and body to relax. Here are a few ideas to get started. Circle or highlight the activities on the right that you want to try, and write any of your own ideas below.

Swap out these activities	Try these instead!
Watching TV or playing video games	Writing in a journal or writing gratitude
Scrolling through social media	Reading a book
Texting	Listening to chill-out music
Eating/snacking	Drinking a small amount of water
Worrying/ruminating	Writing down your worries or doing a brief meditation/deep breathing session

What other activities can you do to wind down?

2. Make a little time for healthy must-dos

Building these activities into your routine can help you stay healthy and reduce your stress.

- Cleanliness and hygiene: Brushing and flossing your teeth; washing your face
- Household activities: Do you need to run the dishwasher, take out the trash, etc.?
- Preparation activities: Make sure your alarm is set for tomorrow and do anything else that makes you feel prepared, like jotting down a quick to-do list, choosing tomorrow's outfit, or packing your lunch
- Caring for others: If you care for children, pets, or other family members, is there anything you need to do for them before you get ready for bed, like let the dog out or make sure your kids did their homework?

What other things do you regularly need to make sure are done before bed?

3. Create your evening routine

Having a written plan in place can help you stay on schedule. Write down the times you will do each aspect of your routine. *Tip: If you're finding it challenging to stay on track, consider setting a timer in case you need a little nudge to remember that an action item is coming up!*

What time will you...?

Action item	Tips	Time
Be finished eating	Aim to finish eating 2-3 hours before bedtime	
Begin to wind down	Avoid using your cell phone or watching TV	
Complete your healthy must-dos		
Get into bed		
Aim to fall asleep by	Choose a time where you can get 7-8 hours of sleep before your alarm goes off	
Wake up the next day		

One final tip: The first version of your sleep plan might not be the final version of your plan—and that's okay! If you find that something isn't working quite right for you—for instance, if you need to allot more time for certain activities, or you discover that you function better on slightly more or slightly less sleep than you'd been aiming for—adjust the plan. Your sleep plan can evolve over time as your needs or schedule change. The most important thing is that you have a plan that works for you!



Scan me to download our mobile app and log on today!

Call • Email • Message • Live Chat

