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bloom where you're planted

IMPROVING SLEEP HABITS ACTION PLAN WORKSHEET

CIRCADIAN *rhythm reset*

Set a consistent bedtime and wake-up time for each day of the week. Record your sleep schedule in the chart below:

Day	Bed Time	Wake-Up Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



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WIND-DOWN

planner

Establish a consistent wind-down time each evening and engage in calming activities like reading or listening to soothing music to prepare your body and mind for sleep, committing to this routine for at least one week to assess its effectiveness.

How consistent were you in following your wind-down routine throughout the week?

Did you encounter any difficulties or interruptions in sticking to your planned activities each night?

On a scale of 1 to 10, how effective was your wind-down routine in helping you relax and prepare for sleep?

Can you identify any specific activities within your routine that you found particularly helpful or ineffective?

What adjustments might you make to enhance your wind-down routine for better relaxation and sleep?



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SLEEP BUDDY

accountability

Having a sleep accountability partner can provide support and motivation as you work towards improving your sleep habits. This activity will help you identify a suitable partner and establish a plan for holding each other accountable to your sleep goals.

Step 1: Partner Selection

Who do you trust to support you in achieving your sleep goals?

Step 2: Discussion & Agreement

What sleep goals do you want to discuss with your potential accountability partner?

Step 3: Establishing Check-In Times

How often do you plan to check in with each other?

Step 4: Accountability Measures

What accountability measures will you put in place to hold each other accountable for your sleep goals?

Step 5: Support & Encouragement

How will you offer support during challenging times?