

Sleep Schedule

Getting a good night's rest can help increase positive feelings during the day. Proper sleep allows you to be more alert, less irritable, and better able to face daily challenges. Write down your current bedtime routine. What helps you relax at night, and what do you need to avoid? Track how much sleep you are getting each night for a week.

My current bedtime routine:

What I need to do to have a restful night sleep:

What I need to avoid to have a restful night sleep:

Day	Wake Up Time	Bed Time	Time Asleep