**Restfully Personal Sleep Plan**

**Part 1: My sleep goals**

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| --- | --- | --- | --- |
|  | How am I sleeping at the moment? | What would good look like for me? | What realistic goals do I want to set for myself? |
| The time I go to bed |  |  |  |
| The time I fall asleep |  |  |  |
| Amount of time it takes me to fall asleep |  |  |  |
| How many times do I wake up in the night? |  |  |  |
| How long do I spend awake in the night? |  |  |  |
| What time do I wake up for the last time? |  |  |  |
| What time do I get out of bed? |  |  |  |
| How long do I spend in bed before getting out of bed? |  |  |  |
| Level of sleepiness during the day (very high, high, medium, low, very low) |  |  |  |

**Part 2: Removing barriers to sleep**

|  |  |  |
| --- | --- | --- |
| What would I like to change to improve my sleep? | What am I concretely committing to doing? | How can I make this easy and unavoidable? |
|  |  |  |
|  |  |  |

**Part 3: My relationship with sleep**

When did you start having problems with your sleep and what happened at that particular moment?

Finish this sentence – for me, sleep is….

What does the voice in your head tell you about sleep in general?

Think about what phrases you remember about sleep that you were told in childhood, that you heard in the media or from friends, family and colleagues and write them down here:

Do you agree? Is this helpful for you?

**Part 3: Motivation**

How will I develop a mindset of personal accountability or get the support to hold me accountable to my goals?

How will I benefit from sleeping better?