Sleep Self-Care Guide

A gentle worksheet to help you create a nighttime routine that actually fits your real life.

BEDTIME

My Evening Routine

Plan your ideal night routine.

Time	Task

My Wind Down Activities

List activities that will help you unwind the evening.

Sleep Tracker

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Sleep Goal Met							

Use this tracker to monitor how consistently you stick to your planned bedtime and sleep schedule. Notice patterns in your sleep habits.

My sleep goal each night is _____ hours.