Your & Your Energy - A Good Night's Sleep Worksheet

Ensuring that you are getting enough quality sleep is a major factor in boosting energy

So what is your sleep like?

Think back over the last week. How well did you sleep? Note down your observations below. How many hours sleep on average did you get? How many times did you wake up feeling more tired than when you went to sleep? Was there anything specific that disturbed your sleep - young children waking in the night, a restless partner or noisy environment?

Hours slept on average	Time I woke up feeling tired	What disturbed me

Outline your normal bedtime routine below:

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What are you currently doing in your bedtime routine that aids a good night's sleep and what are you doing which may be hindering it?

Aiding my sleep	Hindering my sleep

From you notes above what can you change easily to start to make a difference to your night's sleep straight away. Note what actions you're going to take and the results you see from taking them below.

Actions to take	Results

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My new bedtime routine is:

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