



GOALS FOR SLEEP TRACKER

Write your goals on the lines below the categories you want to work on and then note your daily progress in the corresponding box of the Sleep Tracker:

Physical Exercise: Type of exercise; time of day; number of days/week

Breakfast: What you plan to eat and when – be as specific as your dietary needs require

Caffeine: Type of beverages/supplements; amounts; times of day

Healthy Snacks: Plan snacks; types; times of day

Lunch: What you plan to eat and when – be as specific as your dietary needs require

Sugar: Plan any sugary foods or beverages; amounts; times of day

Naps: Plan the approximate time and duration

Physical activity: Type; timing; amount; consider a pedometer – set goal for # of steps

Dinner: What you plan to eat and when – be as specific as your dietary needs require

Alcohol: Type; amount; timing

Supplements and Medications: Type; amount; timing

Managing Stressful Thoughts: Relaxation exercises, distractions, Track 5 of Recording

Soothing Bedtime Rituals: Activities to start, activities to stop, timing, Track 6 of Recording

Your Tip: Experiment with other ideas for reducing stress and increasing relaxation

Time Tried to Fall Asleep: _____
Time Fell Asleep: _____
Hours of Sleep: _____

Quality of Sleep (1-10): _____
Next Day Energy/Mood (1-10): _____