Sleep Planner

Sleep is great. We love sleeping. But we know that there are times in life when catching the ZZZs becomes difficult. Use this speedy tracker to help you plan the perfect bedtime routine that will have snoozing your way to success in no time. Print this out, circle your answers and stick it up on your wall.

Let's do this backwards...

How many hours of sleep do you think you should be getting every night?

6   7   8   9

So if you want to get this many hours of sleep, now you need to figure out a time you want to be asleep by...
Choose a time.

9pm   10pm   11pm   12am   1am

9.30pm   10.30pm   11.30pm

You should aim for between 30 minutes and an hour in bed before you actually fall asleep...
Write your goal bed time here.

Blue light in screens stop your body from producing the sleep hormone so you need to turn off the screen about 45 minutes before you climb into bed.
Write a time to turn off the screens here.

We know that it's hard to stop scrolling, and often you might use it to unwind and chill out, so pick an activity to do instead...

Painting   Listening to music   Self care stuff

Colouring   Meditation   Reading

Writing   Bath/shower   Yoga

Sleep Tracker

Now you've planned you routine, you've gotta stick to it. Use this tracker to see what you can manage to do and what you can't, track how you feel in the day and see what you might need to tweak. Before you know it, you'll be the happiest most well-rested person on the planet.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
How many hours sleep do you think you got last night?							
How refreshed did did you feel this morning? Give yourself a mark out of 10							
Did you wake up in the night? If so, how many times?							
What time did you go to bed?							
What was your bed-time routine activity?							
How are you feeling today? Draw a face to remind yourself							

Sleep is a pretty unique thing for each person, and we all need different amounts of sleep to function at our best. If you fill this in each morning, you'll get a general idea of what works for you and what doesn't, so you can start sleeping like an absolute boss! Sweet dreams <3