



Sleep

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan for Sleep. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

I am working on this goal with: (add names)

SLEEP TIP:
Minimize screen time after dinner to make it easier to fall asleep and easier to wake up in the morning.

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn more about healthy sleep	<u>Dr. Harry: Sleep Tips</u>	
2. Assess your sleep habits	<u>ComPsych: Am I Getting Enough Quality Sleep?</u>	
3.		
4.		
5.		