SLEEP BETTER TEMPLATE

WEEK OF:_____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Get some early morning sunlight	○	○	○	○	○	○	○
Exercise regularly but not too late in the day	○	○	○	○	○	○	○
Avoid caffeine later in the day	○	○	○	○	○	○	○
Don't eat too late or drink alcohol before bed	○	○	○	○	○	○	○
Use a Blue light filter in the evening hours	○	○	○	○	○	○	○
Turn off the lights in the evening hours	○	○	○	○	○	○	○
Take a hot shower before you sleep	○	○	○	○	○	○	○
Try essential oils aromatherapy before sleep	○	○	○	○	○	○	○
Darken your bedroom and use blackout curtains	○	○	○	○	○	○	○
sleep and wake at consistent times	○	○	○	○	○	○	○