

Sleep tips tracker



To help you get a better night's sleep

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No caffeine within 6 hours of going to bed							
No alcohol within 2 hours of going to bed							
No smoking within 2 hours of going to bed							
No heavy meals within 2 hours of going to bed							
Didn't go to bed hungry							
No physical exercise within 3 hours of going to bed							
Set a bedtime routine and went to bed on time							
Set a bedtime routine and woke up on time							
Didn't have a sleep/nap during the day							
Got out of bed when awake for more than 20 minutes							
Relaxed before bedtime							
Wrote down things on my mind and took pen and paper to bed							
No computer, mobile phones or other electronic device 30 minutes before going to bed							
Did some exercise during the day							
Rate 1..... 10 how good was your sleep							

Having difficulty sleeping? There are lots of things you can do to help get a better night's sleep. Use this form to record the changes you are making – remember the more changes you make, the more likely you are to get a good night's sleep. For more copies, visit www.hn.org.nz/takecharge