



Sleep Action Plan

1. My Sleep Consolidation Program:

For the next week, I should go to bed no earlier than _____. However, if I am not sleepy at this time, I should wait until I am aware of the sensation of sleepiness is present.

For the next week, I should wake up at _____, regardless of how much sleep I obtained during the night.

2. If I become aware that I am awake and not sleepy in bed, I can choose to:

3. When I am not sleeping well I will:

Some steps to follow if not sleeping well:

1. Keep a sleep diary
2. Note what stressors are present during the day
3. Are you reacting automatically to sleep disruption?
4. Make a choice of how to respond:
 - o Accept and let go
 - o Increase nurturing activities (especially if daytime fatigue seems to be a problem)
 - o Choose to wake up at the same time
4. Choose to follow sleep restriction or stimulus control instructions without judgment
5. Choose to use 3 min breathing space to help cope with daytime stress
6. Choose to take a nap if sensations of sleepiness are overwhelming