A GENTLE GUIDE TO BETTER REST

Your Sleep Routine

A practical, flexible checklist to help you build a steady wind-down routine. Adjust it to fit your life and your clinician's guidance.

Set up your sleep foundation

Start with a routine that feels realistic, not perfect.

MY TARGET BEDTIME _____

MY TARGET WAKE TIME _____

Choose times you can usually keep, including weekends.

My 6-step evening routine

Check off each step as you try it. Small, repeatable actions count.

1. Choose a steady bedtime and wake time that works with your schedule.
2. Protect enough time for sleep; most adults need at least 7 hours.
3. Begin winding down 30–60 minutes before bed with a calming activity.
4. Dim bright lights and put away screens if they keep you alert.
5. Make the room as dark, quiet, comfortable, and cool as you can.
6. Repeat your routine and notice how your rest affects the next day.

Pick a wind-down activity

Choose one or two that feel soothing and easy to repeat.

- [ ] Read a few pages or listen to something calming
- [ ] Take a warm shower, stretch gently, or try slow breathing
- [ ] Write tomorrow's to-do list so you can set it aside
- [ ] Other: _____

"Rest is part of the work of building a healthier tomorrow."

NOTICE PATTERNS WITHOUT JUDGING YOURSELF

Your 7-Night Sleep Check-In

Use this page to see what helps you feel more rested. One difficult night does not erase your progress.

Seven-night routine tracker

Mark what you practiced; estimates are fine. Leave any box blank when needed.

NIGHT	STEADY TIME	WIND DOWN	ROOM READY	HOURS SLEPT	ENERGY 0-5
Night 1	☐	☐	☐		
Night 2	☐	☐	☐		
Night 3	☐	☐	☐		
Night 4	☐	☐	☐		
Night 5	☐	☐	☐		
Night 6	☐	☐	☐		
Night 7	☐	☐	☐		

At the end of the week

Use what you notice to make one gentle adjustment.

What seemed to help me feel more rested?

What made it harder to wind down or stay asleep?

One small change I want to try next week:

If sleep problems persist, affect daily life, or include loud snoring, gasping, or significant daytime sleepiness, consider talking with a healthcare professional.

Progress can begin with one calmer evening.