

**Better Sleep  
Personal Worksheet**

		<b>Areas for improvement</b>	<b>Changes I can make</b>	<b>Resources to help</b>
<b>S</b>	Sunlight <ul style="list-style-type: none"> <li>• 30-60 minutes a day</li> </ul>			
<b>L</b>	Limit caffeine, nicotine, alcohol <ul style="list-style-type: none"> <li>• Avoid at least 2 hours before bed time</li> </ul>			
<b>E</b>	Exercise <ul style="list-style-type: none"> <li>• 30 minutes on most days of the week</li> <li>• But not within 4-6 hours of bed time</li> </ul>			
<b>E</b>	Evaluate your mattress and surroundings <ul style="list-style-type: none"> <li>• Mattress every 5-7 years</li> <li>• Remove light, sound, other distractions</li> </ul>			
<b>P</b>	Paying your sleep debt <ul style="list-style-type: none"> <li>• Stick to a regular sleep and wake schedule, even on weekends and holidays</li> </ul>			