

Counting Sheep

Name: _____ ID#: _____ Start Date: _____

Glance over these questions each night/morning the first week. You're so busy you may not even realize some of your seemingly innocent habits could be keeping you awake, or the game changer could be a simple addition or modification to your existing routine. These are just some of the things to consider, but keep an open mind throughout the program.

1. Take a guess... How many hours of sleep on average do you think you get?

*** Compare your guess to the actual 1st week of logging your sleep.

2. Do you have a bedtime routine? If so, what is it? If not, what would be a simple routine to add (conducive to sleep)?

3. Do you have a wake up routine? If so, what is it? If not what could it be? How could it be improved?

4. Do you prepare the night before? If so, how? How could this be improved?

5. Exercise... Do you? How could this be improved?

6. Describe your sleep space and how it helps or hurts your quality and duration of sleep.

7. Have you ever tried a night time meditation script?

8. What are general things (your opinion) that keep you from sleeping well/falling asleep/staying asleep?

9. What tends to help you fall asleep/stay asleep?

GOAL: Increasing the quantity of average sleep by at least 1hr from the beginning of this program

GOAL: Improving the quality of sleep you get (subjective)



*** Give yourself a point for every day you met your additional "Commitment Challenge"

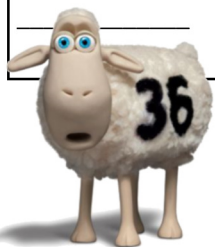
Circle Your Commitment Challenge: (consistent bedtime or completing a wind-down time routine)

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Week 1, take the time to evaluate your sleep habits. Answer the following questions and make notes each day. Week 1, get a point every day that you evaluate your sleep. Week 2-6 get a point for every day you work on something specific relative to the weekly tips to improve your sleep.

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|---|---|---|---|---|---|---|---|--|
| Week: 1 <u>Evaluate</u> <u>Your</u> <u>Sleep</u> | Day 1 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 2 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 3 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 4 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 5 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 6 How many hrs.? Notes: What's hurting/helping your sleep?  | Day 7 How many hrs.? Notes: What's hurting/helping your sleep?  | Total Points= Avg hrs. of sleep for the week ____ |
| Week: 2 Bedtime Routine What is one thing you can work on relative to this subject? _____ _____ | Day 1 How many hrs.? How did you do?  | Day 2 How many hrs.? How did you do?  | Day 3 How many hrs.? How did you do?  | Day 4 How many hrs.? How did you do?  | Day 5 How many hrs.? How did you do?  | Day 6 How many hrs.? How did you do?  | Day 7 How many hrs.? How did you do?  | Total Points= Avg hrs. of sleep for the week ____ |
| Week: 3 Sleep Space What is one thing you can work on relative to this subject? _____ _____ | Day 1 How many hrs.? How did you do?  | Day 2 How many hrs.? How did you do?  | Day 3 How many hrs.? How did you do?  | Day 4 How many hrs.? How did you do?  | Day 5 How many hrs.? How did you do?  | Day 6 How many hrs.? How did you do?  | Day 7 How many hrs.? How did you do?  | Total Points= Avg hrs. of sleep for the week ____ |



 = Did You Complete Your Commitment Challenge?

Circle and Describe Your Commitment Challenge (consistent bedtime or completing a wind-down time routine)

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Name: _____

ID#: _____

Date Started: _____

| | | | | | | | | |
|--|--|--|--|--|--|--|--|---|
| <p>Week: 4</p> <p>Next Day Preparation</p> <p>What is one thing you can work on relative to this subject?</p> <p>_____</p> | <p>Day 1</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 2</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 3</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 4</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 5</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 6</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 7</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Total Points=</p> <p>Avg hrs. of sleep for the week _____</p> |
| <p>Week: 5</p> <p>Wake Up Routine</p> <p>What is one thing you can work on relative to this subject?</p> <p>_____</p> | <p>Day 1</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 2</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 3</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 4</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 5</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 6</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 7</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Total Points=</p> <p>Avg hrs. of sleep for the week _____</p> |
| <p>Week: 6</p> <p>Food/Drink</p> <p>What is one thing you can work on relative to this subject?</p> <p>_____</p> | <p>Day 1</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 2</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 3</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 4</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 5</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 6</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Day 7</p> <p>How many hrs.?</p> <p>How did you do?</p> <p>★</p> | <p>Total Points=</p> <p>Avg hrs. of sleep for the week _____</p> |



What was your total for the program? _____ + 10 Points IF YOU INCREASED YOUR AVERAGE SLEEP PER NIGHT BY A MINIMUM OF 1 HOUR PER NIGHT _____

*** Give yourself a point for every day you met your additional "Commitment Challenge" TOTAL CHALLENGE POINTS _____
 (You either picked Keeping a consistent bedtime or completing a wind-down time routine)



(Final Score) _____