

# Sleep Schedule

Getting good sleep on a normal basis is incredibly important. Proper sleep allows you to be more alert, less irritable, and better able to face the challenges each day brings. Write down your current bedtime routine. What helps you relax at night, and what do you need to avoid? Track how much sleep you are able to get for one week.

My current bedtime routine:

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What I need to do to have a restful night sleep:

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What I need to avoid to have a restful night sleep:

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Day	Wake Up Time	Bed Time	Time Asleep

## Reflection:

After one week, what are some key findings that you discovered about your sleeping habits? What can be adjusted in order to improve your nightly sleep?