

Sleep Success Blueprint



Your Personalized Plan for Better Sleep

Instructions: Fill out this worksheet to create a structured sleep plan. Refer to it regularly to stay on track.

1. Ideal Sleep Schedule

Set a consistent sleep and wake-up time that fits your lifestyle and allows for 7-9 hours of sleep.

- **My ideal bedtime:** _____
 - **My ideal wake-up time:** _____
 - **Current average hours of sleep per night:** _____
 - **Goal: How many hours of sleep do I need?** _____
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2. My Personalized Nighttime Routine

List 3-5 calming activities to help you wind down before bed.

- ✓ **1 hour before bed:** _____
- ✓ **30 minutes before bed:** _____
- ✓ **5-10 minutes before bed:** _____

Optional: Set a “winddown alarm” to remind yourself when to start your nighttime routine.

3. Optimizing My Sleep Environment

Make sure your bedroom supports deep, restful sleep.

Check off the items you’ve completed or plan to improve:

My bedroom is **cool** (between 60-68°F / 15-20°C).

I use **blackout curtains or an eye mask** to block out light.

I reduce **noise distractions** (earplugs, white noise, or a fan).

My mattress and pillows are **comfortable and supportive**.

I remove or limit **screens** (TV, phone, tablet) at least **30-60 minutes** before bed.

I reserve my bed **only for sleep** (not work, TV, or scrolling).

4. Managing Sleep Disruptors

Identify what's keeping you up at night and how to fix it.

Common sleep disruptors I struggle with:

Stress & racing thoughts

Late-night screen time

Caffeine or late meals

Inconsistent bedtime

Other: _____

Strategies I will use to reduce sleep disruptors:

5. My Long-Term Sleep Goals

Set 1-3 personal goals for better sleep and overall well-being.

Goal #1: _____

Goal #2: _____

Goal #3: _____

6. Accountability & Progress Tracking

Stay committed by tracking your sleep and checking in weekly.

I will track my sleep for the next 7 days 14 days 30 days.

I will review my progress every Week Month.

My sleep accountability partner (optional): _____
