



# SLEEP PROBLEM CHART

I'LL PLAN TO FORM HEALTHY AND KIND SLEEP HABITS. I'LL INTRODUCE THEM TO MY COMMUNITY. I'LL CONSIDER MY CURRENT LIFESTYLE AND ENVIRONMENT AND SLEEP AS WELL AS I CAN.





It's likely that I'll continue with this exercise   
It's not likely that I'll continue with this exercise

## WRITE ABOUT AND TO YOUR SLEEP

if you wish to face your sleep problems head on, you can try writing about them using writing therapy techniques. You don't need to write every night. Set aside a period of nights where you focus on it more. Write about your experiences firsthand and without criticisms – just as it feels like. Later, read it to yourself and write about what you notice. This is mirroring and it helps phrase your experiences better.

### WRITE ABOUT YOUR EXPERIENCES WITH SLEEP BY FINISHING THESE SENTENCES:

*I notice that I sleep better when ...*

*Sometimes my sleep is erratic when ...*

*I have more vivid dreams during certain periods, like ...*



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## WRITE ABOUT YOUR EXPERIENCES WITH GOOD SLEEP:

*Hello good sleep!*  
*I wish to tell you that ...*  
*You are important to me, because ...*  
*Visit me again, because ...*



Five sets of horizontal dashed orange lines for writing.

You can try to think and write about how good and bad sleep would answer.



## WRITE ABOUT YOUR EXPERIENCES WITH BAD SLEEP:

*Hello bad sleep!*  
*I wish to tell you that ...*  
*You are important to me, because ...*  
*I wish to thank you for ...*



Five sets of horizontal dashed orange lines for writing.



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## MIRRORING: READING THROUGH WHAT I WROTE ...

*... I notice that ...*  
*... I'm surprised that ...*  
*It helps me that ...*



Five sets of horizontal dashed lines for writing.

**YOU CAN WRITE YOUR ADDITIONAL THOUGHTS REGARDING YOUR SLEEP HERE:**





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# TRAIN YOUR GRATITUDE

Before falling asleep, you should focus on bright and positive thoughts: what went well today? What am I grateful for? This worksheet will help guide you notice things that you are grateful for.

People who  
I'm grateful for!.

I feel the most  
gratitude for ...

Small moments  
that I am  
grateful for!

Three things  
that went well  
today!





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## FILL A SLEEP DIARY

### Write down:

- the date, weekday, type of day (workday, weekend, schoolday, holiday)
- things that may affect your wakefulness: coffee, tea, soft drinks, medications, alcohol, exercise
- when are you going to bed, when do you fall asleep and do you wake up at night?

This diary can help you summarise your sleep habits and notice what affects your sleep the most. If needed, you can write additional observations (for example, describe your day).

*Example: "Tuesday was a workday. I went running; I drank black tea and a cup of coffee when it was getting late. I took medications that made me sleepy and I already fell asleep at 8pm. I woke up once at 4am, but in total, I got 9 hours of sleep!"*

date	week-day	type of day	wakefulness	 sleep (h)		observations	
<b>Example</b> Mar 12th	T	WD	   	7-8pm/ 12pm	9h	4am	TV has a negative effect on sleep. Black tea affects me later

**Type of day:** WD - workday  
WE - weekend  
SD - schoolday  
H - holiday

 -time of falling asleep

 -I was awake at night

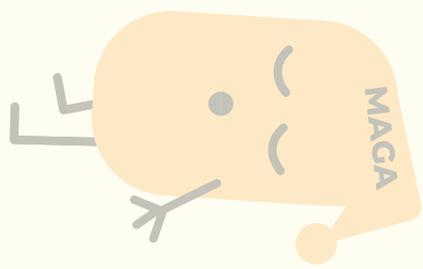


# PRE-SLEEP HABITS

Try to notice your pre-sleep routines! Our brains like habits and routines. That's why it's important to notice the things you do before going to bed that let your body know that it's time to fall asleep. Check the boxes below and add your own habits.

## MY PRE-SLEEP ROUTINE CONSISTS OF:

- putting away smart devices and screens
- washing my teeth
- preparing things for the next day (set aside clothes, pack your lunch, etc.)
- I think back on my day with gratitude
- write down three things that made you happy that day
- do breathing or relaxation exercises
- ...
- ...
- ...





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Think about whether you belong to any circles or communities where sleep hygiene should be talked about. Is it your family, workplace, friendship group, hobby group? What agreements should you make to achieve a better sleep hygiene and support each other?

		<b>EXAMPLES</b>
<b>Friends</b>	No social media after 10pm! No online chatting after 10pm! Set clear boundaries: it's bedtime now, sleep well!	
<b>Workplace or team</b>	No e-mails after 10pm and don't expect any replies before 10am Share your sleeping habits and talk about the importance of sleep hygiene.	
<b>University</b>	Deadlines should be at 10pm Lecturers emphasise the importance of good sleep habits before exams. No exam results should be posted after 10pm Check your language use so that it would be supportive of your mental health.	



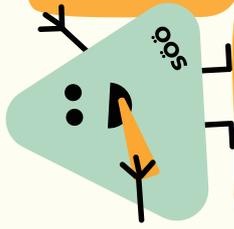
## GOOD SLEEP QUESTIONNAIRE

Check the boxes that apply to you: :

- I go to sleep and wake up at the same time every day
- It takes me no longer than 30 minutes to fall asleep
- My sleeping environment free from distractions
- I don't wake up more than twice at night and I fall asleep quickly again
- Most of the time in bed is spent on sleeping
- My breathing is not disrupted during sleep
- I wake up well rested
- It is easy for me to stay awake during the day
- Usually tiredness does not affect my daily life
- I don't worry about my sleep quality



Did you check all boxes? If so, congratulations!  
your sleep quality is great!



I eat regularly and am physically active!

I wake up at the same time every day

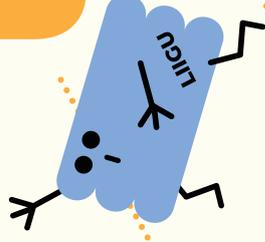
I plan my time well: Perhaps there is something I can do to not push my deadlines to the last minute!

At noon, I'll see if I need a 20-30 minute nap!

I spend my day well and don't fall asleep in front of the TV or during concerts or films.

If a deadline is at 11.59pm, I will set the deadline at 10pm instead. That way I can go to sleep earlier.

I limit the amount of soft, bubbly, alcoholic or caffeinated drinks that I drink.

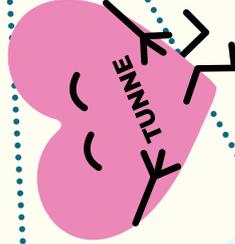


## 14 TIPS FOR IMPROVING YOUR SLEEP



If I wake up at night, I remain calm. This is normal. I get out of bed and move around a bit. Then I'll try to fall asleep again. If I can't fall asleep, then I'll tell myself: "Even though I can't get enough sleep, I will be in good shape tomorrow!"

I get up from bed if I can't fall asleep. I'll go and do something else and then try to go back to bed and fall asleep again. Do a restart!



I think happy thoughts before falling asleep: what went well today?

When I go to bed, I fall asleep within 30 minutes.

1 hour before sleep: I put my smart devices aside, they need rest too!

2 hours before sleep: should I eat something so that I don't go to sleep hungry?

3 hours before sleep: has there been enough physical activity in my day? Am I tired enough?

