



Changing Your Relationship with Sleep Worksheet

What would you say are your primary problems areas or barriers in regards to sleep?

What practices suggested in this Webinar are you willing to try?

Keeping your bed and wake times consistent has been proven to lead to better sleep. What would be some good realistic bed and wake times for you?

Creating a 30-60 minute wind-down routine that involves low light, no screens, and relaxing activities such as reading, getting ready for bed, and stretching is also linked to better sleep outcomes. Use the space below to write out a detailed wind-down routine that you can stick to for at least the next two weeks.

Recommended Mindfulness Resources:

Body Scan for Sleep & other short mindfulness practices:
<https://www.uclahealth.org/marc/mindful-meditations>

Mindfulness Podcasts: <https://www.counseling.ucla.edu/resources/mindfulness#603741324-mindfulness-podcasts>

Full MBSR course: <https://palousemindfulness.com/>

PsychAlive.org

