



# Sleep action plan

Complete the action plan to help you get more good quality sleep or continue to get the recommended amount of sleep.

	Timings
Usual wake up time:	
I want to sleep for ..... hours (remember the recommended amount for someone your age is 10-11 hours)	
I should be in bed ready to sleep by:	

To get ready for bed I will:	

Some ways I can relax before bed are:	

If I am finding it hard to sleep I can:	

How did you do? You can use this to keep track of your sleep.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							