

## Review of Sleep and Problem Solving

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What went well in the past two weeks? What kinds of changes have you noticed in your sleep? How about changes in your daytime?

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Let's review the difficult parts and brainstorm.

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Solutions? List them here:

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## **Behaviors That Help Sleep:**

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Consistent wind-down routine

A comfortable sleep environment (quiet, dark, safe, cool temperature, without pets)

Exercising in the late afternoon or early evening

Hot bath in the late afternoon or early evening

## **Behaviors That Hurt Sleep:**

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Alcohol and caffeine

Tobacco

Other substances

A poor sleep environment

Watching the clock

Daytime napping

Excessive evening liquid intake

Exercising too close to bedtime



## This Week's Action Plan

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### Rules for Better Sleep

Wake-up time every  
day:

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Bed time at night:  
No earlier than

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Total time in bed at  
night:

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Activities in the  
evening:

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Activities at night:

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Activities in the  
morning:

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