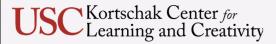
door for work/school?

HOW TO BUILD A SLEEP SCHEDULE

Sleep scheduling is important for establishing morning and evening routines and promotes a good night's rest. Below is an example of how to build a sleep schedule by planning backwards.

AND BUT IN AND AND AND AND AND AND AND AND AND AN	and the second to be a second		
END WORK/ START LEISURE This is the time that you will be ending work	EXAMPLE	SUNDAY	MONDAY
activity to begin your wind down routine PREPARE THINGS FOR THE NEXT DAY Spend at least 10–15 minutes preparing and	End work/start leisure	11:45PM	10:30PM
gathering what you will need for the next day. Also, take at least 15-30 minutes to wind down.	Prepare things for next day	12AM	11PM
BEGIN NIGHTTIME ROUTINE Prepare for bed, making sure tech devices are		42.20414	44.20014
charging for the next day BEDTIME 7	Begin nighttime routine	12:30AM	11:30PM
Lights out! Sweet dreams! z ^z Z	Bedtime	1AM	12AM
HOURS OF SLEEP I AM AIMING FOR			
How many hours are you hoping to get? CDC recommends 7-9 hours for adults.	Hours of sleep I am aiming for	8 hours	7 hours
WAKE-UP TIME FOR NEXT DAY What time are you hoping to get up? It is recommended to not use snooze as it leaves you	Wake-up time for next day	9AM	7AM
more tired READY TIME FOR NEXT DAY What time do you need to be heading out of the	Ready time for next day	10AM	8AM



MY SLEEP SCHEDULE

Your turn! Use this page to set goals and track progress on your sleep hygiene routines.

	SUN	М	т	W	TH	F	SAT
End work/start leisure							
Prepare things for next day							
Begin nighttime routine							
Bedtime							
Hours of sleep I am aiming for							
Wake-up time for next day							
Ready time for next day							