

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.

END WORK/ START LEISURE

This is the time that you will be ending work activity to begin your wind down routine

PREPARE THINGS FOR THE NEXT DAY

Spend at least 10-15 minutes preparing and gathering what you will need for the next day. Also, take at least 15-30 minutes to wind down.

BEGIN NIGHTTIME ROUTINE

Prepare for bed, making sure tech devices are charging for the next day

BEDTIME

Lights out! Sweet dreams! zzz

HOURS OF SLEEP I AM AIMING FOR

How many hours are you hoping to get? CDC recommends 7-9 hours for adults.

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 more tired

READY TIME FOR NEXT DAY

What time do you need to be heading out of the door for work/school?

EXAMPLE	SUNDAY	MONDAY
End work/start leisure	11:45PM	10:30PM
Prepare things for next day	12AM	11PM
Begin nighttime routine	12:30AM	11:30PM
Bedtime	1AM	12AM
Hours of sleep I am aiming for	8 hours	7 hours
Wake-up time for next day	9AM	7AM
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	M	T	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							