

# NIGHTY NIGHT!



## HOW TO BUILD A SLEEP SCHEDULE

THIS IS \_\_\_\_\_'S CHART

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							