Sleep and Recovery

Weekly action worksheet • Check each step and write what worked for you.

☐ Complete the sleep quality assessment

- ☐ Record your usual bedtime and wake time.
- ☐ Note awakenings and how rested you feel in the morning.
- ☐ Choose one pattern you would like to improve.

MY SLEEP BASELINE

☐ Establish a bedtime routine

- ☐ Choose a repeatable wake time.
- ☐ Try a calming activity before bed, such as reading or stretching.
- ☐ Keep the routine simple enough for busy evenings.

MY BEDTIME ROUTINE

Sleep and Recovery

Weekly action worksheet • Check each step and write what worked for you.

☐ Remove sleep disruptors from bedroom

- ☐ Check light, noise, and room temperature.
- ☐ Move one screen or other distraction out of reach.
- ☐ Notice whether the change makes winding down easier.

WHAT I CHANGED IN MY BEDROOM

☐ Practice 10-minute wind-down meditation

- ☐ Set aside ten quiet minutes before bed.
- ☐ Use a guided meditation or gentle breathing exercise.
- ☐ Write down how you felt before and after.

MY WIND-DOWN NOTES