

Sleeping in the Swamp

Behavior Plan

Even if you can't make every change, even small changes can have a big impact on the quality of your sleep.

For each category, choose 1 or 2 behavior changes you can **commit** to in the next 30 days.

Consistent Sleep

In the next 30 days I plan to:

- Wake up within an hour of my normal wake-up time every day, including weekends.
- Expose myself to sunlight or other bright lights in the morning.
- Skip the naps, or limit them to less than an hour early in the afternoon.
- Avoid going to bed until I am drowsy.
- Other: _____

Improving Sleep

In the next 30 days I plan to:

- Keep a sleep diary to assess sleep difficulties.
- Begin a consistent exercise program.
- Avoid exercising within 2 hours of bedtime.
- Eat a light carbohydrate snack before bed if I am hungry.
- Avoid alcohol within 2 hours of bedtime.
- Avoid caffeine within 6 hours of bedtime.
- Skip smoking several hours before bedtime.
- Other: _____

Sleep Environment

In the next 30 days I plan to:

- Use the bedroom only for sleep and sex.
- Lie down to sleep only when you are sleepy.
- Start relaxing about an hour before bedtime.
- Create a bedtime ritual that I do every night in the same order.
- Get up if I can't fall asleep within 15 minutes or if I wake up in the middle of the night and can't fall back asleep within 15 minutes.
- Wear a sleep mask to block out excess light.
- Use ear plugs to block out excess noise.
- Use a fan or other white noise device to cancel out excess noise.
- Other: _____