# Skill-Building Challenge Worksheet: Developing Self-Management for Good Sleep

Name: Blank Class: Blank Date: Blank

In order to get good quality sleep, you need to manage your own behaviors and create a plan. The following steps can help you make your plan. Once you’ve made your plan, monitor your behaviors every day for one week and decide whether your plan is working or not.

**Step 1: Evaluate your current sleep patterns.**

1. How many hours do you sleep each night? If you are not sure, take your best guess. Blank

2. What is the quality of your sleep? Blank

3. Do you wake up often? Blank

4. Do you have a hard time falling asleep? Blank

5.Do you wake up tired from not getting enough sleep? Blank

**Step 2: Write out a goal related to your sleep.** Do you want to sleep more hours each night? Do you want to sleep better (not wake up or toss and turn)? Do you want to fall asleep faster? Remember to make your goal SMART.

**Step 3: Identify and write down three to five things you could do to help you reach your goal.**

1.

2.

3.

4.

5.

**Step 4: Monitor your progress toward your goal and decide whether you need to make any changes.** After 2-3 days, decide whether you need to make any changes. Write any changes to your goal in the space below.

*(continued on next page)*

**Step 5: Reflect on your progress and refine your goal as needed.** After 5 days, reflect on your progress and refine your goal as needed.