



My sleep hygiene check

Tick the habits you already have, pick two to change, and check back after a week. Typed answers save in your browser and, if you are signed in, also to your account.

01 How my sleep is right now

A quick starting point. There is no right answer, just an honest one.

How rested do I feel when I wake up?

1 2 3 4 5 6 7 8 9 10

Not at all rested

Fully rested

What is hardest about sleep for me at the moment?
(optional)

02 Daytime and timing habits

The NHS lists several of these in its advice on insomnia. Tick the ones that are true for you.

I already do this:

- ☐ I get up at around the same time every day
- ☐ I only go to bed when I feel sleepy
- ☐ I do not sleep in after a bad night; I keep to my usual times
- ☐ I avoid napping in the day
- ☐ I have no tea, coffee or alcohol, and do not smoke, in the 6 hours before bed
- ☐ I do not eat a big meal late at night
- ☐ I get some regular exercise during the day
- ☐ I avoid exercise in the 4 hours before bed

Another daytime habit that affects my sleep:

03 Evening, bedroom and worry habits

These cover screens, light, your bedroom and how you wind down. Tick the ones that are true for you.

I already do this:

- ☐ I put my phone and other screens away before bed
- ☐ I switch off the television before I get into bed
- ☐ I take at least an hour to relax before bed
- ☐ I keep my bedroom dark, using curtains, blinds or an eye mask
- ☐ I keep my bedroom quiet, or use ear plugs if I need to
- ☐ My mattress, pillows and covers are comfortable
- ☐ I write down what is on my mind earlier in the evening, not in bed
- ☐ I repeat a short wind-down routine each evening

Something else in my evening or bedroom that I know gets in the way:

04 Pick two to change

Look at your empty boxes. Choose two, no more. Write exactly what you will do, and when, so it is easy to start.

**The habit I will
change**

One from the lists above

**What I will do,
and from when**

Specific and small

**What might get in
the way**

And my plan for it

05 One-week check

Each morning, note how rested you feel (1 to 10) and whether you kept to your two changes. A rough note is enough. For a fuller record of your nights, use the sleep diary worksheet.

Day	Kept habit 1?	Kept habit 2?	How rested
Day and date	Yes, part or no	Yes, part or no	1 to 10

After the week: what did I notice? What will I keep, drop or change?

06 When to see a doctor

Habits are a starting point. The NHS says to see a GP if you have had trouble sleeping for months, or if changing your sleeping habits has not helped. Tick any that are true for you.

- ☐ I have had trouble sleeping for months
- ☐ I have changed my habits and it has not helped
- ☐ Poor sleep is making daily life hard to manage
- ☐ I feel low, anxious or very stressed as well
- ☐ I snore loudly, make gasping, snorting or choking noises, or my breathing seems to stop and start in my sleep
- ☐ I feel very tired in the day even after a full night in bed
- ☐ I fall asleep when I do not mean to, including when driving
- ☐ I think a medicine I take might be affecting my sleep

Notes to take to my GP or pharmacist:

Do not stop a prescribed medicine on your own. Ask first. Do not drive when you feel sleepy.

When you're done, a moment to reflect

- Which habit on the list surprised you, because you did not know it could matter?
- Which empty box would be easiest to fill, and which would be hardest? What is behind the hard one?
- What do you do with your worries in the evening, and is there a better time to deal with them?
- If you kept your two changes for a week, what did you notice, even if it was small?
- Is there anything in your answers that is worth mentioning to a GP?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/sleep-hygiene-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.