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Sleep Well Toolkit

A PRACTICAL GUIDE TO BUILDING HEALTHY SLEEP HABITS

Getting enough quality sleep plays an important role in your energy, mood, focus, and overall well-being. This guide can help you reflect on your current sleep habits, identify areas for improvement, and create a simple action plan to support more restful, consistent sleep.

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Sleep Self-Assessment

1. How would your life improve with better sleep?

- ☐ Energy
- ☐ Mood
- ☐ Performance
- ☐ Relationships

2. Rate Yourself (scale of never, sometimes, always)

- I go to bed at a consistent time.
- I wake up feeling rested.
- I avoid screens before bed.
- I limit caffeine late in the day.
- I sleep through the night.

3. How many hours of sleep do you average per night?

4. What is your biggest sleep challenge?

5. What causes you stress before bed?

Hours of Sleep Needed by Age:

- **Infants**: 12 to 16 *(including naps)*
- **Toddlers**: 11 to 14 *(including naps)*
- **Preschool**: 10 to 13 *(including naps)*
- **School-age**: 9 to 12
- **Teens**: 8 to 10
- **Adults**: 7 to 9

hours per night, as recommended by the CDC

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Building Healthy Sleep Habits

Create a Sleep Schedule

- Go to bed and wake up at the same time daily.
- Keep weekend schedules within 1 hour of weekdays.

Optimize Your Sleep Environment

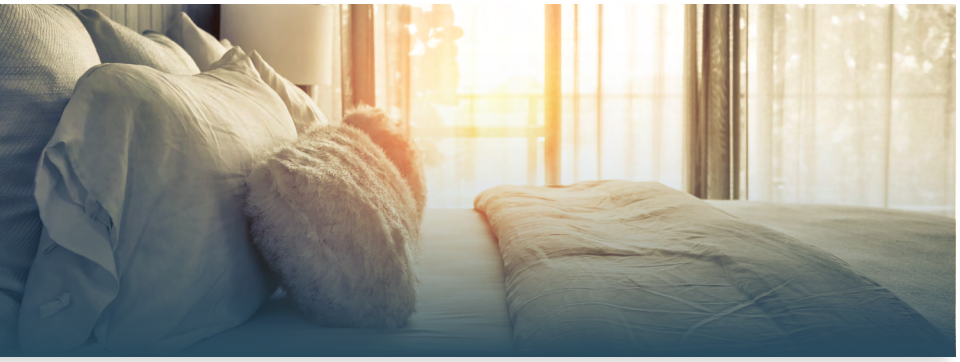
- Cool room temperature
- Dark environment
- Quiet space
- Comfortable mattress and pillow

Pro Tip

Develop a 30-minute wind-down routine to signal sleep time.

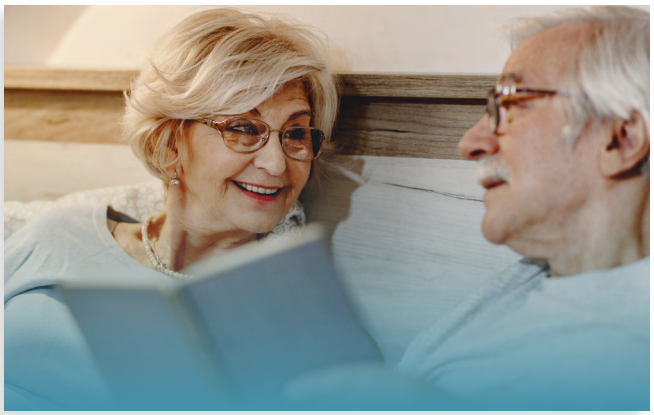
Evening Routine Checklist

- [ ] Dim the lights
- [ ] Stop work activities
- [ ] Avoid heavy meals
- [ ] Practice relaxation
- [ ] Prepare for tomorrow











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Sleep Improvement Action Plan

SMART Sleep Goals

SMART goals are goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Using this framework can help you turn a broad intention, like "sleep better," into a clear, realistic action step you can track over time.

Example goal:
"I will be in bed by 10:30pm five nights per week for the next month."

My Goals

Goal 1:

Goal 2:

Goal 3:

Habit Tracker (7 days)

Day	Bedtime Goal Met?	Wake Time Goal Met?	Notes
Monday	☐	☐	
Tuesday	☐	☐	
Wednesday	☐	☐	
Thursday	☐	☐	
Friday	☐	☐	
Saturday	☐	☐	
Sunday	☐	☐	

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Maintaining Healthy Sleep

Weekly Check-In Questions

- What worked well this week?
- What challenges did I face?
- What will I improve next week?



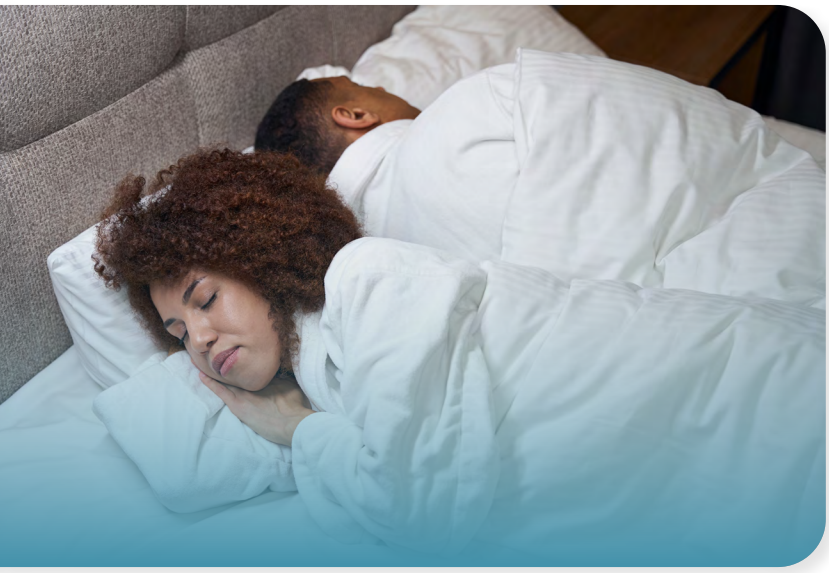
Relaxation Techniques

- Box breathing
- Body scan meditation
- Gentle stretching
- Reading

When to Seek Professional Support

Consider talking with a healthcare provider if you:

- Regularly struggle to sleep
- Experience excessive daytime sleepiness
- Snore heavily or stop breathing during sleep
- Have persistent sleep issues despite healthy habits



We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**

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