

Journey to Wellness — A free self-guided healthy living program

Get a good week's sleep

If you have trouble falling asleep or staying asleep, you're not alone.

Many people struggle with sleep — and that's a problem since sleep plays a crucial role in your health, energy levels and ability to function at your best.

This weeklong sleep activity can help you reset your sleep habits. We challenge you to work to incorporate these habits into your long-term daily routine.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| DAILY ACTIONS | | | | | | | |
| Turn off all electronics one hour before bedtime | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do not use TV or electronics in the bedroom | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lower your thermostat a few degrees before bedtime | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do the same routine before bedtime, such as journal, read or meditate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Get seven to eight hours of sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Print this sheet or save it to your desktop for digital tracking.

mayoclinichealthsystem.org/journey

