

Goodnight, Vols: Sleep Hygiene Worksheet

Sleep hygiene includes a variety of practices and habits that are necessary for good nighttime sleep quality and full daytime alertness.

Complete this worksheet, thinking about what sleep hygiene might look like for you. For each of these categories, write what you might do differently, or consider, for each of these categories. What sleep goals would you set for yourself?

My daytime habits

My environment

My sleep goals

My bedtime ritual

