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## Sleep Better pt.2 Worksheet

**Walk through these steps to create a sleep plan.**

- 1. Schedule the things that are lowering your sleep earlier in the day.**
- 2. Write down or look at the list of activities from Sleep Better pt. 1 Worksheet that have assisted your sleep, ex; read a book (boring one if needed), have a relaxing cup of uncaffeinated tea, tap to reduce stress.**

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- 3. Choose three of these activities for your, before bed chill time**

**1**

**2**

**3**

- 4. Figure out how long it'll take to complete these actions and how much time needed to get ready for bed. \_\_\_\_\_**
- 5. Pick a bedtime that's a great fit for you add on the time before it for chill time and getting ready for bed. What time does chill time start \_\_\_\_\_?**

**Knowing your sleep plan and doing it, is setting a course for sleep success!**