



SLEEP WORKBOOK 01

Building a Sleep Routine

A gentle, practical workbook to help you notice your sleep patterns, explore what helps you wind down and build a routine that feels realistic for your life.

NOTICE • TRY • REFLECT

There is no perfect bedtime routine. Use these pages to experiment, write, tick, colour and discover the cues that work best for you.

This workbook belongs to:

NOTICE

My Sleep & Me

Start by checking in with how sleep feels at the moment. This is a snapshot, not a score.

A sleep routine is not about creating a perfect bedtime. Repeated cues can help your brain and body recognise that the active part of the day is ending and it is time to slow down.

How does sleep feel for you at the moment?



Really difficult

Really good

☐ I struggle to fall asleep

☐ My sleep times change a lot

☐ I put off going to bed

☐ I use my phone/device in bed

☐ My mind becomes busy at night

☐ I sleep well but want a better routine

☐ I wake during the night

☐ I find routines hard to stick to

☐ I do not feel refreshed in the morning

☐ Something else: _____

REFLECT

My sleep goal

If my sleep routine improved, I would like to feel...

NOTICE

What Does My Routine Look Like Now?

Before changing anything, map what is already happening. Approximate times or ranges are completely fine.

A regular sleep-wake pattern can support the body's internal clock. Start by noticing where the biggest changes happen rather than trying to make every day identical.

My day at a glance

Write a time or range beside each cue.

WAKE

Wake up

TIME / RANGE: _____

CAFFEINE

Last caffeine

TIME / RANGE: _____

MEAL

Evening meal

TIME / RANGE: _____

SCREENS

Relax / screens

TIME / RANGE: _____

TIRED

Start feeling sleepy

TIME / RANGE: _____

BED

Get into bed

TIME / RANGE: _____

SLEEP

Usually fall asleep

TIME / RANGE: _____

How consistent does each part feel?

Wake time ☐ ☐ ☐ ☐ ☐

Bedtime ☐ ☐ ☐ ☐ ☐

Wind-down ☐ ☐ ☐ ☐ ☐

Meals ☐ ☐ ☐ ☐ ☐

REFLECT

Looking at my day, I notice...

TRY

What Helps Me Wind Down?

Relaxation looks different for everyone. Choose activities that genuinely help you slow down.

Aim for a small number of repeatable cues. A familiar sequence - even a short one - can become a useful bridge between daytime activity and sleep.

Colour or tick anything that tends to help

- | | |
|---|--|
| ☐ Reading | ☐ Warm shower or bath |
| ☐ Music | ☐ Audiobook or podcast |
| ☐ Gentle stretching | ☐ Breathing exercise |
| ☐ Journaling | ☐ Lower lighting |
| ☐ Comfortable clothes | ☐ Skincare / self-care |
| ☐ Quiet time | ☐ Talking to someone |
| ☐ Preparing for tomorrow | ☐ Watching something familiar |
| ☐ Tidy sleep space | ☐ Something else |

TRY

My sleep recipe

Choose 3-5 things you would realistically like to include.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOT RELAXING FOR ME

Something often described as relaxing that does not work for me:

What's Getting Between Me & Sleep?



Sleep difficulties are not always about effort. Stress, habits, environment, responsibilities, sensory needs, pain and timing can all play a part.

Spot your sleep blockers

Tick anything you recognise. You do not need to tackle everything at once.

- | | |
|--|--|
| ☐ Losing track of time | ☐ Scrolling longer than planned |
| ☐ Racing thoughts | ☐ Worrying about tomorrow |
| ☐ Not feeling sleepy | ☐ Putting bedtime off for 'me time' |
| ☐ Noise | ☐ Light |
| ☐ Temperature | ☐ Uncomfortable bedding or clothes |
| ☐ Hunger | ☐ Caffeine later in the day |
| ☐ Late naps | ☐ Working or studying late |
| ☐ Caring responsibilities | ☐ Shift work / changing hours |
| ☐ Pain or physical discomfort | ☐ Something else |

Choose ONE blocker to experiment with first. Small, specific changes are easier to test than trying to overhaul your whole evening at once.

WHAT HAPPENS?

Describe the pattern.

WHAT MIGHT HELP?

Think of one small change.

WHAT WOULD MAKE IT EASIER?

Reduce friction or add support.

Create My Personal Sleep Routine

Use what you have noticed to build a routine that is realistic for your life. Think in cues and windows rather than demanding an exact perfect bedtime.



Start with the parts you can influence. Your routine can be shorter on busy or difficult days and longer when you have more time and energy.

MY EVENING BEGINS

Time: _____

First thing I want to do:

THEN

Optional time: _____

Next cue or activity:

WIND-DOWN STARTS

Time: _____

My wind-down activities:

BEDTIME WINDOW

Between _____ and _____

What tells me it is time for bed?

KEEP IT DOABLE

My 'too tired' routine

On difficult days, what are the three things I most want to keep? This is your minimum version - not a failed version.

- ☐ _____
- ☐ _____
- ☐ _____



My 7-Day Sleep Routine Experiment

Treat your new routine as an experiment, not a test. Notice what helps, what feels unrealistic and what you want to adjust.

	MON	TUE	WED	THU	FRI	SAT	SUN
Used my wind-down routine	☐	☐	☐	☐	☐	☐	☐
Settling felt easier	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5
Felt rested on waking	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5	☐ 1-5

For the last two rows, write a number from 1-5 inside each circle (1 = not at all, 5 = very).

What did I learn?

SOMETHING THAT HELPED

SOMETHING THAT DID NOT HELP

ONE THING I WILL CHANGE

ONE THING I WILL KEEP

Progress, not perfection. Your routine does not have to look the same every night. The aim is to discover the cues and habits that help your body recognise that it is time to slow down.