

## The Importance of Sleep Worksheet

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|   | <i>Write your answers here.</i> |
|---|---------------------------------|
| Time I go to sleep:   |                                 |
| Time I get up:  |                                 |
| Number of hours of sleep at night:  |                                 |
| My sleep distractions include:  |                                 |
| My transition to sleep <ul style="list-style-type: none"><li>• An hour before I go to bed I . .</li></ul> |                                 |
| <ul style="list-style-type: none"><li>• A half hour before I go to bed I . . .</li></ul>                  |                                 |
| <ul style="list-style-type: none"><li>• Right before I go to bed I. . .</li></ul>                         |                                 |
| What I need to change in order to get enough sleep:   |                                 |
| What I can change in my life in order to get enough sleep:  |                                 |
| What I cannot change:   |                                 |

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### Paired Exercise:

Please share your worksheet answers with a classmate. Then fill in the section below. Use the other side of the page if you need it.

**Your Sleep Problems:**

**Possible Solutions:**