

WORKSHEET 9.1: Your Sleep Hygiene Plan

Use your responses to the questions in chapter 5 and the explanation of the sleep hygiene guidelines in this chapter to complete this worksheet.

STEP 1: Rate how **IMPORTANT** you think it is, how **WILLING** you are, and how **CONFIDENT** you are that you will be able to continue to follow the guidelines you already are following. Then do the same for the guidelines you are not closely following. Use a scale of 0–10:

0		5		10
Not at all	A little	Somewhat	Quite	Extremely or completely

Sleep Hygiene Guidelines I Am Already Following Closely:

Guideline	How I Feel About Continuing to Follow This Guideline		
	Importance of	Willingness to	Confidence I Can

Sleep Hygiene Guidelines I am NOT Following Closely:

	How I Feel About Continuing to Follow This Guideline		
Guideline	Importance of	Willingness to	Confidence I Can

STEP 2: Next, make a plan for each guideline you rated as IMPORTANT but (a) are not now following, or (b) have low confidence you will continue to follow.

Guideline	
My Goal	
Why Important	
Willingness	What will I have to give up? What will I have to experience? Why am I willing despite this?
Obstacles and Solutions	
How to Track	

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Why Important	
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