

## My Plan for a Great Night's Sleep

For me, a great night sleep would mean:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

In order to get a great night sleep I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I will follow my plan this week and report back on how it all went. I'll pay attention to what worked and didn't work so well.

Signed by:

  
\_\_\_\_\_