



# 7- Day Sleep Ready Challenge

Goal: complete 3 sleep ready tasks each day for 7 days

## To Get Started:

1) Commit to a bedtime: \_\_\_\_\_ My Bedtime will be \_\_\_\_\_ PM

2) Choose your bedtime routine

(circle All that you plan to do as part of your bedtime routine)

Drink Hot Tea

Meditate or  
deep breathe

Change into  
comfortable clothes

Read a book

Wash Face

Journal

Brush Teeth

Turn on calm music

Write tomorrow's  
to-do list

Turn off overhead lights/  
dim lights

Sleep Ready Task	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Move your body for 10-15 minutes during the day							
No screens for 1 hour before bedtime							
Complete your bedtime routine							
No alcohol or Caffeine for 2 hours before bedtime							
Be in bed on time							