

Action Plan for Improving Sleep Habits

What are my plans for improving my sleeping habits and helping students improve theirs?		
Recommendations	Presently Doing	Strive to Do
Keep a sleep diary.		
Establish a sleep routine.		
Attempt to get seven to nine hours of sleep nightly.		
Be mindful of what I eat or drink before bedtime.		
Exercise five to six hours prior to bedtime.		
Put away the technology at bedtime.		
Address worry prior to bedtime.		
Make adaptations for daylight saving time.		
Have students complete the Sleep Checklist.		
Teach with emotion so students retain content during sleep.		
Teach students about the importance of sleep.		
Goals and Notes:		