

Sleeping to CHANGEpain – Sleep-Enhancing Behaviours

Keep this form beside your bed. In the evening before bed, check off the strategies that you used that day, and then in the morning, complete the nighttime strategies portion and rate your overall sleep quality for that night. At the end of each week, reflect on what seems to be helping.

	DATE						
Sleep Enhancing-Behaviour							
QUALITY OF SLEEP (0-10 Scale) , where 0/10 is a poor, restless, and unsatisfying sleep, and 10/10 is restful and satisfying							

Learnings and reflections from this week: