

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							
Woke up at set time							
Natural light (or light therapy) in the morning							
Avoided caffeine (or at least stopped by noon)							
Avoided alcohol entirely (or at least 3-4hrs before bed)							
Avoided smoking (or at least 4hrs before bed)							
Exercise (but at least 2hrs before bed)							
Relaxation practice							
Avoided naps							
Avoided large meals 4hrs before bed							
Followed bedtime routine							
Screen-free for at least 1hr before bed							
Went to bed sleepy							
Used bed only for sleep (and sex)							
Room is dark, quiet, and cool							
Got out of bed if awake for 20-30 minutes at any point.							
Avoided looking at the clock							
Other strategy:							
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: