

## Action Plan for Getting Better Sleep

Question	Answer
List three barriers you face regularly in getting adequate, quality sleep.	1) 2) 3)
List three action items you can implement to improve the quantity and quality of your sleep.	1) 2) 3)
Create a SMART goal to improve the quantity and/or quality of your sleep. (Specific, Measurable, Attainable, Relevant, Time-Based)	
Name a colleague, friend, or loved one who will hold you accountable for this action plan.	

My confidence that I will be able to improve my sleep based on my above action plan is: \_\_\_

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0      1      2      3      4      5      6      7      8      9      10  
 Not at all confident                      Somewhat confident                      Extremely confident