A PAUSE, A PRACTICE, A NEXT STEP

Sleep Hygiene

Create conditions that support rest.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose a realistic anchor

Aim for a consistent wake-up time when possible. If you work shifts or care for someone overnight, discuss a plan that fits those demands.

01 / Notice and reflect

What most often interrupts my rest?

02 / Notice and reflect

Which small change is realistic this week?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care for persistent insomnia, loud snoring with breathing pauses, severe daytime sleepiness, or unusually little need for sleep with increased energy. Avoid driving when sleepy. Do not change sleep medicines on your own.

Read more: NHLBI · Insomnia treatment

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.