

Mindful Sleep Coaching Worksheet

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Getting a good night sleep

This worksheet can help you increase the awareness of your sleep patterns and take important steps to help improve quality of your sleep. Sleep is an important factor in sustaining our health and wellness and without consistently good sleep our mental, physical, emotional and social health can suffer.

What are your personal beliefs about the quality of your sleep? (write a statement about your sleep bellow)

How many times a week is your regular sleep disturbed or becomes unsettled?

What are some of the things that keep you awake at night or wake you up over night?

What are some of the things that help you have a good night sleep? Or help you get back to sleep if you wake up?

What new habits can in you introduce into your bedtime routine to help improve your sleep and develop a sustainable sleep pattern? Write them as SMART goals.