

Sleep Hygiene Reflection



Teacher instructions:

Pass out one copy of the Sleep Hygiene Reflection worksheet to each student at the beginning of class. Instruct students to read each sleep hygiene habit and check “I do” if they regularly practice this habit and “I can try to” if they do not regularly engage in the behavior listed.

At the end of the class, encourage students to re-read their answers, and then answer the questions at the bottom of the worksheet:

1. What is one new thing I learned about sleep and mental health?
2. What is one tip not listed on this worksheet that I can try to implement in my life to improve my sleep?

Sleep Hygiene Reflection



Student instructions:

Check in with yourself: Read each sleep hygiene habit and check “I do” if you regularly practice this habit and “I can try to” if you do not.

I Do	I Can Try To	Sleep Hygiene Tip
		Keep indoor lights dim at night
		Put all electronic devices away at least an hour before I want to be asleep
		Give myself time to relax and unwind before going to bed
		Stick to a regular sleep schedule (even on the weekends!)
		Avoid caffeine in the afternoon and evening (coffee, energy drinks, and some teas and sodas)

At the end of the class, re-read your answers and then answer the questions below:

What is one tip not listed on this worksheet that I can try to implement in my life to improve my sleep?

What is one new thing I learned about sleep and mental health?
