

## What's disrupting my sleep?

Fill in the table below to help you work out what helps your sleep, or what makes it feel worse.

<b>What makes it harder for me to sleep well?</b>	<b>What's helped me to sleep well in the past?</b>

## Making changes to my sleeping habits

Fill in the table below with ideas on what you can change to improve your sleep, then update it later with your progress.

<b>What changes can I try to make now?</b>	<b>How well are the changes working after a day or two?</b>	<b>How well are the changes working after a week or two?</b>