



SLEEP SMARTER. PERFORM BETTER.

GET TO KNOW YOUR SLEEP ROUTINE

A healthy, consistent sleep routine can help you wake up each day at your best. Take action toward healthy sleep by getting to know your nightly routine. You will feel a difference in just a few days!

Bonus Accountability Boost: Start your week of sleep journaling by signing the [Sleep Smarter. Perform Better. Healthy Sleep Pledge](#).

USING YOUR SLEEP WEEK JOURNAL

1. **For Youth:** Snap a picture of your sleep journal in the morning. Share on social media using the hashtag #SmarterSleep.
2. **For Parents:** Complete the journal with your child. Make mealtimes meaningful by discussing sleep. Engage in a healthy reward system for the whole family.
3. **For Educators:** Hold a morning meeting to discuss sleep. Assign students to share their healthy sleep strategies. Celebrate with a schoolwide pajama day!

PRINT AND SHARE THE NEXT PAGE TO START JOURNALING TONIGHT!

HOW MUCH SLEEP DO YOU NEED?¹

★
AGE 6-12
At least 9 hrs

★
TEENS
8-10 hrs

★
ADULTS
At least 8 hrs

1. Alliance for a Healthier Generation. (2018). Is your child getting enough sleep to perform at his or her best? How kids can sleep smarter and perform better. Retrieved from <https://www.healthiergeneration.org/articles/is-your-child-getting-enough-sleep-to-perform-at-his-or-her-best-how-kids-can-sleep>

MY SLEEP WEEK JOURNAL

Print 7 copies, one for each night, and place the journal in a spot close to your bed. Make notes daily before bedtime and when you wake up. Share your results with a friend or family member and celebrate your success!

DATE: _____ I WILL TALK ABOUT MY SLEEP WITH: _____

GOOD NIGHT!

★ I got in bed at: _____:_____ PM

★ Right now I feel:

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> TIRED | <input type="checkbox"/> SAD |
| <input type="checkbox"/> CALM | <input type="checkbox"/> ANGRY |
| <input type="checkbox"/> HAPPY | |

★ Today I:

- WAS PHYSICALLY ACTIVE FOR 20 MINUTES
- DRANK CAFFEINE IN THE AFTERNOON
- TOOK A NAP
- FELL ASLEEP ACCIDENTALLY

★ Wind Down 

DRAW OR WRITE TO RELAX YOUR MIND AND GET READY FOR SLEEP.

GOOD MORNING!

★ I woke up at: _____:_____ AM and slept for:

_____ HOURS _____ MINUTES

★ I slept:

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> REALLY WELL | <input type="checkbox"/> POORLY |
| <input type="checkbox"/> WELL | <input type="checkbox"/> VERY POORLY |
| <input type="checkbox"/> JUST OK | |

★ Right now I feel:

- | | |
|------------------------------------|---|
| <input type="checkbox"/> REFRESHED | <input type="checkbox"/> A LITTLE TIRED |
| <input type="checkbox"/> JUST OK | <input type="checkbox"/> REALLY TIRED |

★ What Stands Out 

DRAW OR WRITE WHAT YOU REMEMBER ABOUT LAST NIGHT'S SLEEP.