



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Sleep Tight ~ Worksheet One - March 2021

1. How well do you rate your sleep **quality**? (out of 10)

1 2 3 4 5 6 7 8 9 10

2. How well do you rate your sleep **quantity**? (out of 10)

1 2 3 4 5 6 7 8 9 10

3. What's your personal optimum number of hours of sleep?

5 5.5 6 6.5 7 7.5 8 8.5 9 9.5

4. What time do you need to be up each weekday morning?

4.30 5.00 5.30 6.00 6.30 7.00 7.30 8.00 8.30 9.00

5. So, based on that optimum and the time you need to get up each weekday , what time do you really need to be already in bed, lights off and asleep? (Don't fight it, it's just maths 😊)

7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00

6. What times in your life did you sleep especially **well**? Why? What was going on for you in your life? What were you choosing to include as part of your bedtime routine at that time?

7. What times in your life did you sleep especially **badly**? Why? What was going on for you in your life? What were you choosing to include as part of your bedtime routine at that time?

8. What is your usual sleep routine? What do you do every night without fail? (bear in mind this could be “scroll Facebook in bed for 45 minutes” just as much as it is “have a cup of herbal tea” – be honest now!)

7.00 pm _____

7.30 pm _____

8.00 pm _____

8.30 pm _____

9.00 pm _____

9.30 pm _____

10.00 pm _____

10.30 pm _____

11.00 pm _____

11.30 pm _____

12.00 am _____

9. What is your sleep like at the weekend versus a weeknight? What are the similarities? What are the differences?

10. What are your aspirations and goals around sleep? What would be your dream sleep routine and level of sleep? Why is this important to you? (HINT: Goals With Souls!)

Good work sugarplum!

Whatever your current sleep quality and quantity, let's improve both this month.

The challenges are super snappy, super actionable and super doable, so make sure you are checking into our WW Facebook group each day: I'll see you there!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a stylized flourish at the end.