Daily Sleep Plan



I will go to bed at and get up atevery day.
I will make time to put the day to rest at
I will exercise at
I will plan a relaxation break for and /or
I will make a pre-sleep routine with
I will eat supper 4 hours before bedtime.
I will get out of bed if I can't fall asleep and go back to bed when I feel sleepy.
I will practice managing stress by:
I will limit my daily caffeine to 1 cup before noon.
I will stop drinking fluids 2 hours before I go to bed.
I will check in with my thoughts and feeling about sleep to make sure they are realistic.

Calgary Headache Assessment & Management Program 2015