

Sleep Consistency Worksheet

Building Your Recovery Routine

Step 1: Reflect on Your Current Sleep Habits

Answer the following questions to understand where you are now:

1. What time do you usually go to bed on weekdays?
 - **Bedtime:** _____
 2. What time do you wake up on weekdays?
 - **Wake Time:** _____
 3. Are your weekend sleep and wake times different? If so, by how much?
 - **Weekend Bedtime:** _____
 - **Weekend Wake Time:** _____
 4. How long does it typically take you to fall asleep?
 - **Time to Sleep:** _____
 5. How would you rate the quality of your sleep on a scale of 1-10?
 - **Quality Rating:** _____
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Step 2: Set Your Consistent Schedule

Use this space to create a realistic and consistent sleep schedule:

- **Target Bedtime:** _____
- **Target Wake Time:** _____

Tips:

- Aim for at least 7-9 hours of sleep each night.
 - Choose a wake time you can stick to daily, even on weekends.
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Step 3: Build Your Pre-Sleep Routine

List 2-3 calming activities to wind down before bed (or to do if you aren't tired at bedtime):

1. _____
2. _____
3. _____

Examples: Reading, light stretching, journaling, contemplation/prayer/meditation, hot shower, or listening to something relaxing. Avoid screens and bright lights in the hour before bed.

Step 4: Track Your Progress (Weekly Log)

Use this log to track your consistency over the next 7 days:

Day	Wake Time	Bedtime	Time to Fall Asleep	Sleep Quality (1-10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Step 5: Troubleshooting and Adjustments

If you find it hard to stick to your schedule, answer these questions to troubleshoot:

1. What challenges are preventing you from going to bed on time?
○ _____
 2. Are you waking up during the night? If so, what might be causing it?
○ _____
 3. What changes can you make to improve your environment or routine?
○ _____
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Step 6: Stay Motivated

Write down why consistent sleep is important to you (e.g., better recovery, improved performance, mental clarity):

- _____
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Bonus: Your Recovery Affirmation

Write a statement to remind yourself of the value of rest:

- **Example:** “I deserve to feel rested and strong. Sleep is my foundation for growth.”
 - Your Affirmation: _____
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Commit to Your Plan

By making sleep consistency a priority, you’re investing in yourself. Treat your sleep routine like an essential part of your training—because it is!