



INTRODUCTION TO HEALTHY HABITS | LESSON 2: SWEET DREAMS

# HOMEPLAY

## Healthy Sleep Checklist

How are your sleep habits? This week you will go through the Healthy Sleep Checklist to give you ideas for getting 7-9 hours of sleep each night!

### STEP 1

Complete the **Healthy Sleep Checklist** by putting a checkmark beside the things you do most days of the week.

- I have limited using technology (TV, smartphones, computers) at least 30 minutes before bed.
- I have avoided caffeine (coffee, tea, chocolate, and soda) at least 4 hours before bed.
- I have tried relaxation activities (reading a book, yoga, meditation, or listening to music).
- I have a good sleeping space that is dark with a comfortable temperature.
- I have a plan to try a relaxation activity (using a stress ball or listening to calm music).
- I exercised today.

### STEP 2

Choose one thing from the checklist to add to your sleep routine.

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### STEP 3

**How did it go?** At the end of the week, talk to your parent/caregiver about your new routine.

**Do you think your routine helped you sleep?**

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**What worked well?**

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**What changes do you need to make?**

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## MAKE IT A HABIT

### My Healthy Sleep Plan:

I will add \_\_\_\_\_ to my sleep routine.  
(item from checklist)

I will ask \_\_\_\_\_ if I need help with my  
new routine. (name)

**If this habit is important to you, be sure to add it to your Habit Tracker!  
This will help you schedule it into your week.**