

# 3 things to action immediately

You have just read 22 of my top suggestions to getting restful sleep. There may be too many tips to introduce all at once.

Don't put pressure on yourself. Please select 3 tips to implement tonight. You can implement other tips as the programme progresses to create a new sleep routine for you to keep going forward. The body loves routine.

Select 3 that you know you are already doing or can commit to actioning each night for the next week.

Night 1

Write down your 3 sleep tips that you are going to action tonight:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Other changes to action each night this week:

Night 2

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Night 3

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Night 4

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Night 5

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Night 6

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Night 7

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Total changes implemented** \_\_\_\_\_

**Go You!!!**