# What’s disrupting my sleep?

Fill in the table below to help you work out what helps your sleep, or what makes it feel worse.

|  |  |
| --- | --- |
| **What makes it harder for me to sleep well?** | **What’s helped me to sleep well in the past?** |
|  |  |

## Making changes to my sleeping habits

Fill in the table below with ideas on what you can change to improve your sleep, then update it later with your progress.

|  |  |  |
| --- | --- | --- |
| **What changes can I try to make now?** | **How well are the changes working after a day or two?** | **How well are the changes working after a week or two?** |
|  |  |  |