

■ Sleep Guide Workbook

7-Day + 3-Month Sleep Checklists

■ Better Sleep Starts Here ■

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Welcome to the Sleep Guide Workbook! This workbook includes two powerful tools: 1. A **7-Day Sleep Checklist** with fun icons to kickstart your habits. 2. A **3-Month Daily Checklist** to track your consistency long-term. Use this workbook daily, check off each task, and enjoy the process of improving your sleep!

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■■ 7-Day Sleep Checklist

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
■ Set a consistent bedtime and wake-up time	■	■	■	■	■	■	■
■ Create a relaxing bedtime routine	■	■	■	■	■	■	■
■ Limit caffeine after 2 PM	■	■	■	■	■	■	■
■■ Make the bedroom cool, dark, and quiet	■	■	■	■	■	■	■
■ Do light exercise during the day	■	■	■	■	■	■	■
■ Avoid screens 1 hour before bed	■	■	■	■	■	■	■
■ Reflect in a sleep journal	■	■	■	■	■	■	■

■ Month 1 – Week 1

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 1 – Week 2

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 1 – Week 3

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 1 – Week 4

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 2 – Week 1

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 2 – Week 2

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 2 – Week 3

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 2 – Week 4

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 3 – Week 1

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 3 – Week 2

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 3 – Week 3

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ Month 3 – Week 4

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed and wake up at the same time	■	■	■	■	■	■	■
Limit naps to under 30 minutes	■	■	■	■	■	■	■
Avoid caffeine or heavy meals before bed	■	■	■	■	■	■	■
Do light exercise or stretching during the day	■	■	■	■	■	■	■
Follow a relaxing bedtime routine	■	■	■	■	■	■	■
Avoid screens 1 hour before bed	■	■	■	■	■	■	■
Keep bedroom cool, dark, and quiet	■	■	■	■	■	■	■
Reflect in a journal or practice relaxation	■	■	■	■	■	■	■

■ **Keep Going — Every Night
Counts!** ■