THE GOOD YEARS CLUB

7-DAY BETTER SLEEP PLANNER

A gentle, practical guide to understanding your sleep and building a bedtime routine that works for you.



NAME: _____

WEEK STARTING: _____

Getting started

Your goal is to notice patterns, not to chase perfect sleep.

HOW TO USE THIS PLANNER

1. Fill in one diary row each morning for seven days.
2. Choose one or two calming habits to practise.
3. At the end of the week, look for patterns.
4. Be kind to yourself - sleep naturally varies.

A few helpful sleep habits

- **Keep a regular wake-up time**
  Aim for a similar time each day, including weekends.
- **Enjoy daylight and gentle movement**
  Morning light and activity can support your body clock.
- **Make the bedroom comfortable**
  Try a dark, quiet, cool-enough space.
- **Ease into the evening**
  Dim lights and choose a relaxing activity before bed.
- **Watch late caffeine and alcohol**
  Notice whether either affects your sleep.
- **If you cannot sleep, reset gently**
  Get up for a quiet activity, then return when sleepy.

Your 7-day sleep diary

Complete each row in the morning. Estimates are absolutely fine.

Day	Bedtime	Wake-up	Sleep hrs	Awakenings	Rested?	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes might include: naps, caffeine, stress, exercise, or how you felt.

TIP Sleep hours are an estimate, not time spent in bed.

Rested? Try a simple score from 1 (not rested) to 5 (very rested).

My evening wind-down routine

Choose what feels realistic. You do not need to do everything.

MY IDEAL BEDTIME: _____ **MY WAKE-UP TIME: _____**

60-90 minutes before bed

Lower bright lights; finish demanding tasks; set up tomorrow.

30-60 minutes before bed

Read, listen to quiet music, stretch gently, or take a warm shower.

At bedtime

Make the room comfortable; put your phone aside if helpful.

If you wake during the night

Keep lights low; avoid clock-watching; return to bed when sleepy.

My two habits to try this week

1. _____

2. _____

Your bedroom and daytime checklist

Small changes may help you feel more comfortable at night.

Bedroom comfort

- [ ] Comfortable temperature and bedding
- [ ] Light and noise managed as best I can
- [ ] Clear, safe path to the bathroom

Daytime habits

- [ ] Some daylight, ideally earlier in the day
- [ ] Movement suited to my abilities
- [ ] Noticed when I had caffeine or a nap

Evening habits

- [ ] A calmer routine before bedtime
- [ ] A plan for worries or tomorrow's tasks
- [ ] A consistent wake-up time

One thing I could change in my sleep environment:

End-of-week reflection

Look for what helped, what did not, and what you want to try next.

On which mornings did I feel most rested?

What seemed to help me sleep better?

What may have disrupted my sleep?

What is one small change I will keep next week?

WHEN TO SPEAK WITH A HEALTH PROFESSIONAL

Seek advice if sleep problems persist or affect daily life, or if you have loud snoring, gasping during sleep, or marked daytime sleepiness.
Ask about medicines or health conditions that may affect sleep.

This planner is general information, not personalised medical advice.