

My sleep action plan



Now it's time to start making a plan to improve your sleep.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- **Specific** - not vague.
- **Measurable** - so you know you are doing it.
- **Achievable** - if it's too hard you won't manage it.
- **Realistic** - if it's not possible you might not even get started!
- **Trackable** - something you can record over time and see how you're doing.

Here's an example:

Goal: Hemi wants to be able to kick a football around with his mokopuna/grandson instead of feeling tired in the afternoon.

Actions: He needs to get a better night's sleep so he is less tired.

Chosen action: Hemi decides he will go to bed and get up at the same time each day, even on the weekends, and he will go outside when he wakes up to regulate his body clock.

Confidence: He is fairly sure he can do this so rates his confidence as 8 out of 10.

If a big change feels too much, break it down into a set of steps. Small steps are a great way to start.



My action plan: What is my goal and action plan?



My sleep action plan goal:

Why do I want to do this? _____

How will this help? _____

What could I do to achieve this: _____

My sleep action plan:

How much or how often will I do this? _____

When will I do this? _____

Who can help me: _____

How confident am I that I can do this: ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: _____

What might stop me achieving these goals or making these changes? _____

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.



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