

Sleep Great IU! Challenge

Bedside Log



Directions: Mark the box for each date that you complete a healthy sleep habit, starting with Week 1. Each week, 2 new sleep habits will be added — complete these in addition to the habits you’ve already started! Try to complete each habit at least 5 times a week.

Goal Bedtime: _____	Week 1							Week 2							Week 3							Week 4							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
Week 1																													
I went to bed within 60 minutes of my Goal Bedtime.																													
I got at least 7 hours of sleep. <i>(Mark the box of the day you went to sleep.)</i>																													
Week 2																													
I avoided using my smartphone, computer, TV, and other devices for at least 60 minutes before going to sleep.																													
I did relaxing activities in dim lighting during the hour before going to sleep.																													
Week 3																													
I spent at least 15 minutes outside in the morning daylight.																													
I engaged in at least 30 minutes of moderate activity or 15 minutes of vigorous activity.																													
Week 4																													
I avoided consuming caffeine within 6 hours of going to sleep.																													
I avoided consuming alcohol within 3 hours of going to sleep.																													