# Action Plan for Getting Better Sleep

| Question | Answer |
|---|---|
| List three barriers you face regularly in getting adequate, quality sleep. | 1)<br>2)<br>3) |
| List three action items you can implement to improve the quantity and quality of your sleep. | 1)<br>2)<br>3) |
| Create a SMART goal to improve the quantity and/or quality of your sleep. (**S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-Based) | |
| Name a colleague, friend, or loved one who will hold you accountable for this action plan. | |

My confidence that I will be able to improve my sleep based on my above action plan is: ___

0 1 2 3 4 5 6 7 8 9 10

Not at all confident Somewhat confident Extremely confident