

Sleep Strategy Snapshot

Clarify your baseline. Shape your next steps.

Use this worksheet to assess your current sleep habits and identify quick wins.

Step 1: The Cost of Cutting Sleep

Quick Check-in: What are you losing when you don't sleep well?

Check all that apply:

- ☐ I struggle to focus or think clearly.
- ☐ I feel irritable or emotionally reactive.
- ☐ I rely on caffeine or sugar to get through the day.
- ☐ I feel disconnected or less present with people.
- ☐ My creativity and decision-making feels dull.
- ☐ My energy crashes mid-day or early evening.

If you checked 3 or more boxes, your sleep may be holding you back more than you think.

Step 2: What Sleep Supports

Healthy, consistent sleep fuels:

(Select the one that is most important to you right now.)

- ☐ Cognition & Memory – Sharper focus, learning, and mental clarity.
- ☐ Emotional Resilience – Better stress management and mood stability.
- ☐ Physical Recovery – Immune strength, muscle repair, and energy.
- ☐ Executive Function – Smarter choices, better leadership, more self-control.

Step 3: Rest Reframe Prompt

“What would it look like if I treated sleep as strategic instead of optional?”

Write your thoughts below *(or on the back of this sheet)*:

Step 4: My Why for Better Rest

Why does better sleep matter for the life I want to build?

Finish the sentence: “I want to sleep like a CEO because...”

Print. Reflect. Keep it visible.

Let this worksheet be your personal reminder: You don't need more hours, just better energy.
