

Sleep Defense Plan

Protect your rest. Set boundaries. Sleep better.
Identify what's stealing your sleep and build your plan to take it back.

Step 1: Spot the Saboteurs

Check off any sleep disruptors that apply to your current routine:

- ☐ Too much screen time before bed
- ☐ Caffeine after 2 p.m.
- ☐ Late-night snacks or heavy meals
- ☐ Unmanaged stress or racing thoughts
- ☐ Inconsistent bedtime
- ☐ Overstimulating shows or media
- ☐ Cluttered or noisy sleep environment

Others: _____

Step 2: Set the Boundaries

Use these prompts to design your sleep-protecting limits:

My digital curfew time: _____

What I'll do instead of scrolling: _____

Buffer time between last task and bed: _____ minutes

Step 3: Reset Rituals

When your evening feels too chaotic, use one of these to reset:

- ☐ 3–5 minute breathing exercise
- ☐ Quick tidy of your room
- ☐ Change into comfortable clothes
- ☐ Light stretching or yoga pose
- ☐ Calming herbal tea
- ☐ Low-light reading

Other rest ideas: _____

Step 4: Emergency Wind-Down Toolkit

Pick 2 “rescue” actions to calm down on tough nights:

1. _____

2. _____

3. _____
