

Weekly Sleep Planner

Use the chart below to plan when you need to start your pre-sleep preparation to get off to sleep & wake ready for the next day.

Example:

1. Day starts with you rising from bed at 07.00 am.

You need 8 hours sleep, so you need to be asleep by 23.00.

Your hour of pre-sleep prep starts at 22.00

2. Day starts with you rising from bed at 05.30am.

You need 8 hours sleep, so you need to be asleep by 21.30

Your hour of pre-sleep prep starts at 20.30

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get up Time							
Pre-Sleep Prep Phase Start							
Sleep Time Start							