

# Sleep Without It

For the stretch when getting to sleep is hard because you are not using to get there.

## WHEN TO USE THIS

Use this in the morning, after a few nights of poor sleep.

Sleep often gets worse before it settles. That stretch is rough, and for most people it does pass.

## What did your old wind-down do for you?

*Switched your head off, slowed your body down, filled the last hour.*

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Fill this in for the last three nights, as best you remember.

| NIGHT | IN BED AT | HOW THE NIGHT WENT |
|-------|-----------|--------------------|
|       |           |                    |
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|       |           |                    |

## What seemed to help on the better nights?

- ☐ Getting up at the same time
- ☐ No screen for the last half hour
- ☐ Something warm to drink
- ☐ Being tired out from the day
- ☐ Reading or music in bed
- ☐ Getting up when I could not sleep
- ☐ Nothing I can point to yet

## What are you going to try tonight?

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*Tired days are hard. Try not to judge the whole thing by how you slept last night.*