

What a Rested Week Would Look Like

Helps you name what you are aiming for with your sleep, in real detail.

WHEN TO USE THIS

Use this when you are setting a goal about sleep with someone or on your own.

If a week went well, what time would you get into bed and what time would you get up?

What would you notice in yourself if you were sleeping better?

Patience, appetite, wanting to see people, getting things done.

Name two or three things standing between you and that week.

1.

2.

3.

Which one of those is the place to start?

Aim at a normal good week, not a perfect one. Normal is easier to keep.