

## SLEEP BEHAVIOR CHANGE LOG

---

**Instructions:**

1. Choose 1-4 Sleep Behaviors you want to modify and indicate in column labeled “Sleep Behaviors.”
2. Each night you successfully engage in the sleep behavior mark an “X” in the square.
3. Note the impact that the change(s) had on your sleep.

Sleep Behavior	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sample:</u> Go to bed at 10pm	x		x		x	x	
<b>#1</b>							
<b>#2</b>							
<b>#3</b>							
<b>#4</b>							
<u>Impact on Sleep:</u> “I” = Improved “NC” = No Change “W” = Worse							