



Sleep Routine Worksheet for Parents

"Embrace the power of a consistent sleep routine – where dreams are nurtured, minds are refreshed, and each new day holds boundless potential. Rest well, thrive endlessly."



Section 1: What routine do you have now?

Awareness

Take note of what your routine is now. A routine can be intentional or unintentional. During this stage, we are looking to identify what is happening or not happening consistently.

Section 2: What is going well?

Identify the Positives

What are the activities, behaviors, or outcomes that are currently happening in your current routine?

Factors

What are the factors that are influencing the positive routines, behaviors or outcomes of your existing setup?



Section 3: What is not going well?

List out Areas for Improvement

What could change that isn't going well? What causes the most pain or impact in other others of day to day life?

Identify the Root Cause

What might be the root cause of the areas that aren't going well? Examples could include a lack of consistency, lack of sleep itself, etc

Section 4: Create a Plan for Change

Identify One Change to Make

We do not want to overload ourselves or our families with too many changes or too big of changes. Identify one small change to make and work to apply it consistently.

Section 5: Track Activities & Results

Track Change Activity

Use a habit tracker or calendar to document when you were able to apply the changed activity. Strive to not miss more than 2 days in a row.

Track the Results

The more consistent you are in applying your changed activity the better you can rely on your results. Create a journal to document how things are the same or different with your new activity/routine.

Section 6: Don't be Afraid to Adjust

Lessons Learned:

Reflect on what you learned over the last few weeks (trial period 2-4 weeks) and reapply the concepts/steps listed above. Identify what went well and where a different change could be applied.

Iterate your process, apply a new change activity and start again. There is a large element of trial and error in finding what works best for your family!

Current Sleep Routine Analysis for Parents

Write down all of your thoughts, feelings, concerns, frustrations, wants to help facilitate awareness around your current family's sleep routine.

What is your current routine?
Intentional or Unintentional.

What behaviors/activities do you want to keep going forward?



What is going well?

What did you learn from this Awareness Activity?



What is not going well?

What is your biggest concern with making a change?

One Activity to Change for a Better Sleep Routine Worksheet for Parents

What is the new activity?

When will this activity happen?

What are you hoping will happen with this new activity?

How do you expect others to respond?

How can you help facilitate the change?

What will you do to trigger a reminder to follow through on this new activity?

Where will you track results to find wins and areas for iteration?

Habit Tracker for Sleep Routine Improvement For Parents

What's your goal?

Start Date

End Date

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Notes:

Impact of new activity

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