

7-Day Sleep Improvement Challenge

Sleep Smarter, Feel Better

Your journey to better sleep starts now! Complete one task each day.

DAY 1

☐ **Task:** Set a consistent bedtime and wake time

Tip: Choose times that give you 8–9 hours of sleep

Notes: _____

DAY 2

☐ **Task:** Create a screen-free hour before bed

Tip: Read, journal, or listen to calm music instead

Notes: _____

DAY 3

☐ **Task:** Optimize your sleep environment

Tip: Dark, cool, and quiet is the goal

Notes: _____

DAY 4

☐ **Task:** No caffeine after 3 PM

Tip: Switch to water or herbal tea in the afternoon

Notes: _____

DAY 5

☐ **Task:** Add 15 minutes of morning sunlight

Tip: This helps regulate your body clock

Notes: _____

DAY 6

☐ **Task:** Create a relaxing bedtime routine

Tip: Same activities every night signal sleep time

Notes: _____

DAY 7

[] **Task:** Reflect on your week and plan ahead

Tip: Keep what worked, adjust what didn't

Notes: _____

Daily Sleep Log

Day	Bedtime	Wake time	Hours	Rating (/10)
Day 1	_____	_____	_____	
Day 2	_____	_____	_____	
Day 3	_____	_____	_____	
Day 4	_____	_____	_____	
Day 5	_____	_____	_____	
Day 6	_____	_____	_____	
Day 7	_____	_____	_____	

Reflection

What worked well this week?

What was challenging?

My sleep goal for next week:

Remember: Teens need 8–10 hours of sleep each night!

Visit sleepwise.com for more tips and tools.

Share your progress with **#SleepWiseChallenge**