



THE COUNTING SHEEP PROJECT  
**MY SLEEP  
WELLNESS BOOKLET**

# WELCOME!

We are glad you are here.



This booklet will help you design a nightly routine that promotes better sleep and track your sleep patterns.

By following these steps, you'll be on your way to more restful nights and energetic days.

## ABOUT US

The Counting Sheep Project is dedicated to helping people achieve better sleep through creative workshops, products and activities. We believe that good sleep is the foundation of a healthy and happy life. Therefore, our aim is to help everyone design better habits for rest - through playful means.



Website: [www.countingsheepproject.com](http://www.countingsheepproject.com)

Email: [countingsheep.sg@gmail.com](mailto:countingsheep.sg@gmail.com)

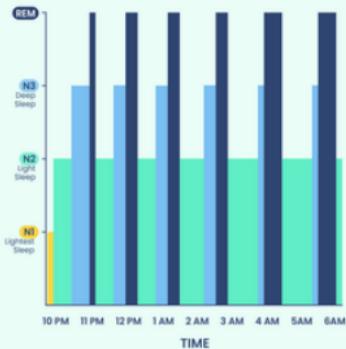
Instagram: @countingsheepproject

*Follow us on social media!*

# UNDERSTANDING SLEEP

Sleep is a natural, restorative process where your body and mind recharge. It's essential for overall health and well-being. During sleep, your brain **remains active**, processing information, consolidating memories, and repairing the body.

## Sleep Cycles Through the Night



## What happens when you are asleep?

We go through multiple sleep cycles through the night when we are asleep.

Before you read on, what does this graph on the left tell you about each sleep cycle?

Each sleep cycle repeats approximately every 90 minutes with Rapid Eye Movement (REM) sleep becoming longer in later cycles.

## What are the stages of each sleep cycle?

### Rapid Eye Movement (REM) Sleep

- This is the stage of your sleep cycle associated with dreaming, mental restoration, and memory.

### Non-REM (NREM) Sleep

This stage includes light sleep and deep sleep.

- Light sleep is when you're just starting to rest. (N1, N2)
- Deep sleep is when your body works on fixing itself, like repairing muscles and boosting your immune system. (N3)



A BALANCE OF ALL STAGES IS CRUCIAL FOR RESTORATIVE SLEEP.

# UNDERSTANDING SLEEP

## What happens when we do not get enough sleep?

Not getting enough sleep affects your physical and mental health. Sleep deprivation can increase the risk of heart disease, diabetes, and depression while weakening your immune system and reducing life expectancy.

## Why is sleep important to us?

Good sleep is vital for our overall well-being, affecting how we think, feel, and function.



It sharpens cognitive abilities like attention, memory, and decision-making, and helps consolidate learning, making it easier to retain new information.

Physically, sleep supports heart health, regulates blood sugar, strengthens immunity, and aids muscle repair and growth.



It also improves emotional resilience, reducing anxiety, irritability, and stress while enhancing mood.

Good sleep also helps regulate hunger hormones, promotes healthy weight management, enhancing safety and productivity in daily life.

## Bedtime Procrastination

Delaying bedtime despite being tired (e.g., staying on your phone) shortens sleep duration and impacts health. It's linked to stress, reduced performance, and difficulty waking up.



# UNDERSTANDING SLEEP

**How does your body decide when it needs to sleep?**

Your body uses two systems to manage sleep and wakefulness:



## Sleep Pressure (Homeostatic Drive)

The longer you stay awake, the stronger your need to sleep. Once you get some rest, this “pressure” goes away and starts building up again.

## Body Clock (Circadian Rhythm)

This is your natural 24-hour timer that tells you when to feel awake or sleepy. It is guided by signals such as natural sunlight during the day and darkness at night.



These two systems work together to help you feel tired at bedtime and alert during the day. Think of them as a team that keeps your sleep on track!

**What gets in the way between us and a good night's rest, and how?**



**What are some other factors you can think of that affects your sleep?**

# WHAT IS INSOMNIA

EVER FOUND YOURSELF TIRED BUT WIRED,  
OR LYING AWAKE EVEN WHEN EXHAUSTED?

Insomnia is a sleep disorder where difficulty falling asleep, staying asleep, or waking too early becomes ongoing. Anxiety often worsens insomnia by keeping the mind alert even when the body is tired. When this becomes persistent, it affects energy, focus, mood, and overall wellbeing.

## COMMON SYMPTOMS INCLUDE:



Trouble falling asleep  
even when you feel  
tired



Daytime fatigue,  
irritability, difficulty  
concentrating



Waking too early and  
struggling to fall back  
asleep



Racing thoughts, mental  
overactivity at night



Frequent awakenings  
or broken sleep



## WHY IT MATTERS?

Over time, chronic insomnia can lower stress tolerance, worsen anxiety, affect work/ school, and increase risks of depression. When left unattended, it becomes a cycle: anxiety affects sleep, and poor sleep increases anxiety.

# WHAT CAN I DO ABOUT INSOMNIA?

Whether your sleeplessness comes from stress, overthinking, or long-standing patterns, small steps can help. This often means easing the pressure to “force sleep” and creating conditions for your mind and body to settle naturally.



## Reduce Pre-Sleep Arousal

Treating sleep like a task increases worry and alertness, which makes falling asleep harder.

Ways to ease this include:

- Setting a gentle wind-down routine
- Avoiding the urge to check the time
- Reducing screens and stimulants at night

These small shifts reduce the pressure to “perform sleep” and create the calm conditions your body needs to drift off.



## Mindfulness and Cognitive Tools

### 1. Letting go of the forces

- Trying to force sleep increases tension and alertness
- Shift from “I must sleep” to simply resting comfortably
- Being awake in bed isn’t harmful - let sleep come naturally
- Focus on comfort rather than the goal of sleep

### 2. Accepting the present

- Notice thoughts without reacting to them
- Let unhelpful thoughts pass instead of fighting them
- Bring your attention back to your breath or body when your mind wanders
- Practise this mindset in your daytime routines too

## When to seek support

If insomnia persists for >3 months, or begins affecting your mood, energy, or daily functioning, consider reaching out for help from:

- Psychologists trained in CBT-I
- GPs for initial screening or referrals
- Sleep specialists for more persistent patterns

# YOUR RELATIONSHIP WITH SLEEP



Understanding your sleep habits can help you make positive changes. Reflect on how your thoughts, social influences, and sense of control affect your sleep routine.

## Section 1: Attitudes Toward Sleep (Beliefs and Thoughts)

**Do you think getting enough sleep is important for your overall well-being?**  
If yes, what do you do to ensure you have enough sleep? If not, why not?

**What are the biggest benefits of getting a good night's sleep?**

E.g.,: the impact it has on your mood, energy, or productivity



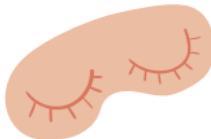
## Section 2: Subjective Norms in Sleep for Us (Influence of Others)

**How do the people around you influence your sleep habits?**

Reflect on how your family, friends, colleagues may have an impact on your sleep.



# YOUR RELATIONSHIP WITH SLEEP



## Section 2: Subjective Norms in Sleep for Us (Influence of Others)

**What kind of messages about sleep do you commonly hear from others?**

E.g.: "You can sleep when you're dead" or "It's important to rest"



## Section 3: Perceived Behavioral Control (Control Over Sleep Habits)

**How much control do you feel you have over your sleep schedule?**

Reflect on whether external factors (work, family, environment etc.) make it easy or challenging to maintain healthy sleep habits.

**What barriers or challenges do you face when trying to improve your sleep?**

Think about specific obstacles like stress, technology use, or inconsistent routines.



# SLEEP ASSESSMENT

The Pittsburgh Sleep Quality Index (PSQI) is a widely used questionnaire designed to measure your sleep habits and identify potential issues with your sleep quality. It covers aspects like how long you sleep, how often your sleep is disrupted, and how refreshed you feel in the morning.

The PSQI helps provide a snapshot of your sleep over the past month, offering valuable insights for improving sleep health. Completing it takes about 5–10 minutes and can guide you toward better sleep practices.

The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions.

1. During the past month, what time have you usually gone to bed at night?

---

2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

< 15 min      16 - 30 min      31 - 60 min      > 60 min

<input type="radio"/> 0	<input checked="" type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
-------------------------	------------------------------------	-------------------------	-------------------------

3. During the past month, what time have you usually gotten up in the morning?

---

4. During the past month, how many hours of actual sleep did you get at night? (This may differ from the number of hours you spent in bed.)

---

# SLEEP ASSESSMENT

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
5. During the past month, how often have you had trouble sleeping because you...				
a. Cannot get to sleep within 30 minutes	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
b. Wake up in the middle of the night or early morning	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
c. Have to get up to use the bathroom	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
d. Cannot breathe comfortably	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
e. Cough or snore loudly	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
6. During the past month, how often have you had trouble sleeping because you...				
f. Feel too cold	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
g. Feel too hot	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
h. Have bad dreams	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
i. Have pain	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
j. Other reason(s), please describe:				

# SLEEP ASSESSMENT

6. During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?

0

1

2

3

7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

0

1

2

3

8. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

No Problem at all

0

Only a very slight problem

1

Somewhat of a problem

2

A very big problem

3

9. During the past month, how would you rate your sleep quality overall?

Very good

0

Fairly good

1

Fairly bad

2

Very bad

3



# HOW WELL ARE YOU SLEEPING

## Scoring the Pittsburgh Sleep Quality Index (PSQI)

There are seven components

- Each component is scored from 0 to 3, with higher scores indicating more severe sleep problems.
- The scores are summed to produce a global score ranging from 0 to 21.
- A global score of 5 or higher typically indicates poor sleep quality.

**Component 1 - Subjective Sleep Quality:** \_\_\_\_\_

- Score of Question 9

**Component 2 - Sleep Latency - Questions 2 and 5a:** \_\_\_\_\_

- If the sum of responses to Question 2 and Question 5a is 0, assign a score of 0.
- If the sum is 1-2, assign a score of 1.
- If the sum is 3-4, assign a score of 2.
- If the sum is 5-6, assign a score of 3.
- Higher scores indicate greater difficulty falling asleep.

**Component 3 - Sleep Duration - Question 4:** \_\_\_\_\_

- if > 7 hours, assign a score of 0
- if 6 - 7 hours, assign a score of 1
- if 5 - 6 hours, assign a score of 2
- if < 5 hours, assign a score of 3

**Component 4 - Sleep Efficiency - Questions 1,3,4:** \_\_\_\_\_

- Calculate Time in Bed from Questions 1 and 3
- Sleep Efficiency = (Question 4 / Time in Bed) x 100%
  - if Sleep Efficiency is > 85%, assign a score of 0
  - if 75 - 84%, assign a score of 1
  - if 65 - 74%, assign a score of 2
  - if < 65%, assign a score of 3

**Component 5 - Sleep Disturbance - Questions 5b to 5j:** \_\_\_\_\_

- Sum 5b to 5j:
  - if Sum = 0, assign a score of 0
  - if 1-9, assign a score of 1
  - if 10-18, assign a score of 2
  - if 19-27, assign a score of 3

# SLEEP ASSESSMENT

## Scoring the Pittsburgh Sleep Quality Index (PSQI).

### **Component 6 - Use of Sleep Medication:** \_\_\_\_\_

- Score of Question 6

### **Component 7 - Daytime Dysfunction - Questions 7 and 8:** \_\_\_\_\_

- If the sum of responses to Questions 7 and 8 is 0, assign a score of 0.
- If the sum is 1-2, assign a score of 1.
- If the sum is 3-4, assign a score of 2.
- If the sum is 5-6, assign a score of 3.

### **Global PSQI Score:**

- Sum of all seven components: \_\_\_\_\_
- A global score of 5 or higher typically indicates poor sleep quality.

**Are you satisfied with your current sleep score? Why or Why not?**

---

---

---

---

**What are some components that you would like to see improvement in?**

---

---

---

---

### References

1. Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index (PSQI): A new instrument for psychiatric research and practice. *Psychiatry Research*, 28(2), 193–213.  
[https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)

# DESIGNING YOUR SLEEP ENVIRONMENT

What does your ideal sleep environment look like?

Draw an image out in the box below and consider these four elements.



**Room temperature**

e.g. fan speed,  
aircon temperature



**Lighting**

e.g. dim lights,  
no screens



**Noise level**

e.g. white noise,  
earplugs



**Bed comfort**

e.g. clean sheets,  
comfortable pillows





# DESIGNING YOUR BEDTIME ROUTINE

What does your typical night look like? Map out your journey to sleep by connecting the dots. Feel free to use the blank dots to add missing points.



Our night routines help us unwind and prepare for better sleep.

What does your ideal wind down time look like?

(60 minutes before bed time)

Activities that help me feel more relaxed	Activities to avoid
For example: reading, meditation, light stretching	For example: heavy meals, screens, caffeine

When we are able to identify what works for us and what does not, it allows us to be more aware of the choices we make and consciously build better sleep habits.

# DESIGNING YOUR BEDTIME ROUTINE

TIME (e.g.,: 8pm - 9pm)	ACTIVITY (e.g.,: dinner, jogging, watching TV, work, reading, etc.)

**Reflection:**

1. What pre-bedtime activities did you notice had the biggest impact on how ready you felt for sleep?
2. How do your emotional state or stress levels before bed affect your ability to sleep well?
3. Did anything surprise you about how certain habits (e.g., screen time, food, relaxation techniques) influenced your sleep?
4. How might you adjust your pre-bedtime routine to improve sleep readiness?

# SLEEP DIARY

For the next 7 days, complete the sleep diary below. This will help you track your sleep patterns and identify what helps you to sleep soundly and wake refreshed.

	<b>BEDTIME</b> e.g., 10pm	<b>WAKE TIME</b> e.g., 7am	<b>SLEEP LATENCY</b> how long it took you to fall asleep (e.g., 10mins)	<b>NUMBER OF AWAKENINGS</b> No. of times you woke up during the night	<b>QUALITY OF SLEEP</b> Rate from 1-5, how groggy or energised you are after waking
<b>DAY 1</b>					
<b>DAY 2</b>					
<b>DAY 3</b>					
<b>DAY 4</b>					
<b>DAY 5</b>					
<b>DAY 6</b>					
<b>DAY 7</b>					

# SLEEP DIARY

For the next 7 days, complete the sleep diary below. This will help you track your sleep patterns and identify what helps you to sleep soundly and wake refreshed.

## CAFFEINE INTAKE

e.g., coffee at  
2pm

## EXERCISE

e.g., 30mins of  
walking

## STRESS LEVELS

1 - Totally chill  
5 - Stressed out of my mind

## NIGHT TIME REFLECTION

Reflect on what are some three things you're grateful for today. You can also record your evening routine.

**DAY 1**

--	--	--	--

**DAY 2**

--	--	--	--

**DAY 3**

--	--	--	--

**DAY 4**

--	--	--	--

**DAY 5**

--	--	--	--

**DAY 6**

--	--	--	--

**DAY 7**

--	--	--	--

# SLEEP DIARY

For the next 7 days, complete the sleep diary below. This will help you track your sleep patterns and identify what helps you to sleep soundly and wake refreshed.

	<b>BEDTIME</b> e.g., 10pm	<b>WAKE TIME</b> e.g., 7am	<b>SLEEP LATENCY</b> how long it took you to fall asleep (e.g., 10mins)	<b>NUMBER OF AWAKENINGS</b> No. of times you woke up during the night	<b>QUALITY OF SLEEP</b> Rate from 1-5, how groggy or energised you are after waking
<b>DAY 8</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 9</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 10</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 11</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 12</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 13</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DAY 14</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# SLEEP DIARY

For the next 7 days, complete the sleep diary below. This will help you track your sleep patterns and identify what helps you to sleep soundly and wake refreshed.

## CAFFEINE INTAKE

e.g., coffee at  
2pm

## EXERCISE

e.g., 30mins of  
walking

## STRESS LEVELS

1 - Totally chill  
5 - Stressed out of my mind

## NIGHT TIME REFLECTION

Reflect on what are some three things you're grateful for today. You can also record your evening routine.

**DAY 8**

--	--	--	--

**DAY 9**

--	--	--	--

**DAY 10**

--	--	--	--

**DAY 11**

--	--	--	--

**DAY 12**

--	--	--	--

**DAY 13**

--	--	--	--

**DAY 14**

--	--	--	--

# YOU'RE ON YOUR WAY TO BETTER REST!

Now that you have identified what works for you, list three actions you want to take the next 7 days to ensure a restful sleep.



In the morning, take some time to reflect:

- How do you feel? Do you notice any changes in your sleep quality?
- What worked well, and what could be improved?
- What can you incorporate into your daily nightly routine?



# A SLEEPYHEAD'S CHECKLIST

Use this page to list the steps you can take each night to ensure a restful sleep. You may choose to put this up on a wall or somewhere visible as a visual reminder to yourself.

## DURING THE DAY



## 60 MINUTES BEFORE BEDTIME



## 10 MINUTES BEFORE BEDTIME



## GOOD NIGHT, SLEEP TIGHT!

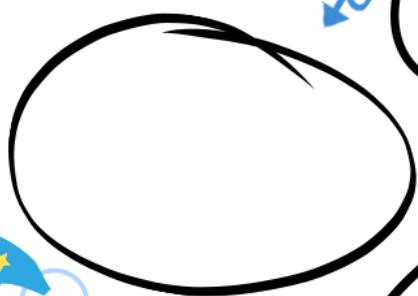
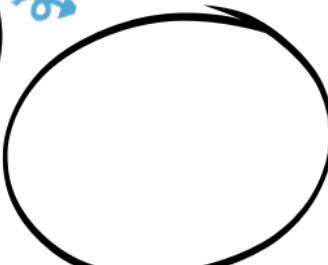
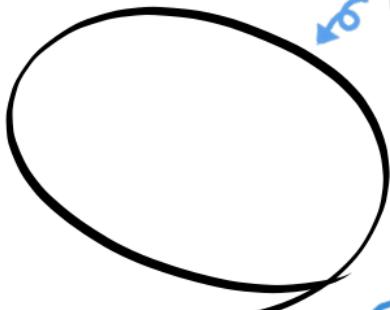
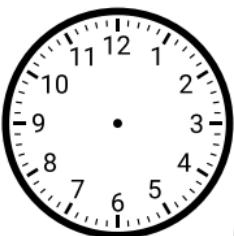
Share this with a friend, a loved one or a sleep coach, so that they can support you in your journey to achieving better rest!

# ADDITIONAL NOTES

# ADDITIONAL NOTES



## 's Bedtime Routine



Good night!



z z z z

# SLEEP-TIME BINGO

Have you heard of these bedtime habits that studies have found to affect sleep quality? Mark an 'X' on habits that you are already doing and find out how much more you could do to improve your sleep!



listen to calm music  
before bed



avoid phone use  
1hr before bed



avoid bright light  
before bed



sleep in a quiet and  
dark room



room is well-  
ventilated



engage in regular  
exercise



no meals 2-3hrs  
before bed



use a well-supported  
and clean mattress



avoid caffeine 5hrs  
before bed



have a consistent  
sleep routine



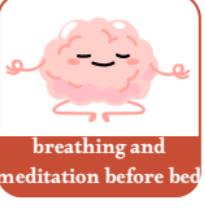
phone switched to  
silent mode



set alarms based on  
90-min sleep cycles



keep the bed only  
for rest



breathing and  
meditation before bed



eat foods that  
promote sleep



wear comfortable  
and loose clothes



# THE COUNTING SHEEP PROJECT



Download more  
sleep tools and  
resources here!

[https://bit.ly/sheep-workshop  
-resources](https://bit.ly/sheep-workshop-resources)



Follow us on social  
media to keep up with  
our next product!

[https://linktr.ee/  
countingsheep.sg](https://linktr.ee/countingsheep.sg)