

## Sleep Schedule Chart

PM Bedtime	AM Wake-up 5 Hrs.	AM Wake-up 5.5 Hrs.	AM Wake-up 6 Hrs.	AM Wake-up 6.5 Hrs.	AM Wake-up 7 Hrs.	AM Wake-up 7.5 Hrs.	AM Wake-up 8 HRs.	AM Wake-up 8.5 Hrs.
9:00	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30
9:30	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
10:00	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30
10:30	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00
11:00	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
11:30	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00
12:00	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
12:30	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00
1:00	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30
1:30	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00

### Use This Worksheet for Establishing a Sleep Schedule

I hereby establish as my sleep schedule:

Date started \_\_\_\_\_

Time I go to Bed: \_\_\_\_\_

Time I Wake Up: \_\_\_\_\_

It might help to say the following statement out loud (or write down several times) when starting this new schedule (about a week or as long as desired). You can say this statement before you go to bed, as part of your sleep routine, and when you get out of bed in the morning. It helps!

“I realize that having inconsistent bedtimes and wake-up times might be contributing to chronic insomnia. Therefore, I will establish a consistent schedule and follow it every night. It is a step in the right direction. It will help to reset my biorhythms. I will soon enjoy relaxed, peaceful sleep at night.”