

One small change. Seven nights.



A little less guessing. A little more understanding. Choose a practical starting point, then give yourself room to notice.

01 / PICK ONE STARTING POINT

☐ A steadier rhythm

Protect enough time for sleep. Aim for similar bed and wake times when life allows.

☐ A gentler evening

Try a quiet activity in softer light before bed. Make it something you enjoy.

☐ Earlier caffeine

Move your last caffeinated drink earlier. Its effects can linger for hours.

☐ A comfortable room

Adjust one source of light, noise or uncomfortable bedding. Start with what you have.

☐ Daylight and movement

Make room for some time outside and physical activity when possible.

☐ A lighter late evening

Avoid a large meal or alcohol close to bedtime. A light snack is different.

02 / MAKE IT YOURS

The one change I want to try

I will remember when...

If that feels too much, a smaller version is...

Example: After brushing my teeth, I will switch to softer light and read a few pages. Smaller version: just switch the light.

Keep it kind. This is a reflection exercise, not a promise of better sleep in seven days. Miss a night? Continue when you can. Do not cut sleep short to complete a routine.

Your week, on one page.

A brief check-in the next morning is enough. Fill only what feels useful. Energy is how you feel, not a measurement of sleep quality.

ENERGY Low / Mixed / Steady / Restored

YOUR CHANGE Tried it / Partly / Not tonight

NIGHT	DATE	ENERGY	CHANGE	ONE THING I NOTICED
01				
02				
03				
04				
05				
06				
07				

Prompts if you need them: What felt comfortable? What got in the way? Did anything else change - stress, illness, travel or your schedule?

What is worth keeping?

You do not need seven perfect entries. Look back over what you have, then decide what deserves a place in your life.

01 Look for something workable.

What felt comfortable or easy enough to repeat?

02 Leave room for uncertainty.

What else might have shaped the week? What is still unclear?

03 Choose your next small step.

Keep it, make it smaller, try another approach, or ask for support.

WHEN A NOTEBOOK IS NOT ENOUGH

Seven nights cannot establish cause and effect. This is not a validated sleep diary, diagnosis or treatment. If sleep problems keep happening, discuss them with a healthcare professional. If tracking feels like pressure, it is okay to stop.

SOURCES & USING YOUR COPY

Original OptimalSleep workbook, informed by CDC: About Sleep and NHLBI: Healthy Sleep Habits. Reviewed September 8, 2026. For adults. Print or fill in a compatible PDF reader, then save your copy. For longer notes, use optimalsleep.org/guide/. PDF entries do not sync with the website.