



THE PURSUIT OF SLEEP

for teachers

TIME TO COMMIT

It's time to take action and try some of the tips!

Use this space to think about what you're going to try and record what you plan to do. You can use the 'progress' space to the right hand side of the table to reflect on your commitment. Remember to start small and do what you can. Over time even small actions will make a difference to your sleep and overall wellbeing. Here's an example:

I will commit to tip number	Time of day	From (date)	For this much time	What exactly are you committing to?	Progress
20	Morning before work	1st June	One week	I will exercise every morning - some mornings I will do a 10 minute walk, but rainy days I'll do a 10 minute online yoga session.	I managed 3 mornings out of 5 the first week. I'm going to try getting up five on minutes earlier to make this easier.



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