



THE PURSUIT OF SLEEP

for teachers

YOUR SLEEP CHECKLIST

This printable checklist is designed to be used with the *Pursuit of Sleep book* by Maria Brosnan, a companion to the Pursuit of Wellbeing “5-Step Wellbeing Action Plan”.

To get the book for yourself visit www.pursuitwellbeing.com/sleep

Use this checklist to tick off great sleep habits you already have, and then track your progress as you embed more of the tips in the book into your lifestyle.

FRAMING YOUR DAY

- 1 Take some deep breaths
- 2 Do something today your ‘future self’ will thank you for
- 3 Keep your inner fuel tank topped up
- 4 Develop healthy coping mechanisms
- 5 Be kind to yourself
- 6 Use positive affirmations to keep yourself focussed
- 7 Keep a sleep diary

STARTING WELL

- 8 Get up at roughly the same time each day
- 9 Wake up naturally
- 10 Don't hit ‘snooze’ on your alarm
- 11 Open the blinds or curtains and let the light in
- 12 Make your bed
- 13 Allow the right amount of time to get ready
- 14 Start your day without your phone
- 15 Meditate, pray, or practise gratitude
- 16 Drink water first thing
- 17 Delay your caffeine intake
- 18 Prioritise eating a good breakfast
- 19 Prepare food to eat throughout the day
- 20 Make an exercise plan for the day

TRAVELLING TO WORK

- 21 Allow enough time for your journey
- 22 Mentally prepare for the day while you are travelling
- 23 Use your commute to visualize the day's meetings and interactions



THRIVING AT WORK

- 24 Allow time to prepare for the day ahead when you arrive
- 25 Practise mindfulness with your children or students
- 26 Communicate with your colleagues
- 27 Take off your 'game face'
- 28 Learn to deal with feelings of overwhelm
- 29 Treat everyone with 'unconditional positive regard' (including yourself)
- 30 Take 'brain breaks' with your class
- 31 S l o w d o w n when you are feeling rushed
- 32 Practise the S.T.O.P. method throughout the day
- 33 Ask what each moment requires of you
- 34 Keep your classroom peaceful
- 35 Smile more

TAKING A LUNCH BREAK

- 36 Plan your lunchtime
- 37 Have a few minutes of quiet time

WINDING DOWN THE WORK DAY

- 38 Protect your personal planning, preparation and assessment (PPA) time
- 39 Choose a healthy snack
- 40 Connect with your colleagues
- 41 Run through a going home checklist
- 42 Talk to someone if you are worried or upset

RETURNING HOME

- 43 Detach from the work day on the way home
- 44 Move your body for 10 minutes (or more!)
- 45 Set an intention for your evening

MAKING THE MOST OF THE EVENING

- 46 Eat a good meal
- 47 Sit down to eat, with friends or family
- 48 Protect at least a small part of the evening for yourself
- 49 Keep track of time spent on your phone
- 50 Prioritise who you spend your time with
- 51 Spend five minutes in the evening preparing for the next day
- 52 Put limits on your evening working
- 53 Laugh a lot
- 54 Keep a journal
- 55 Keep your bedroom 'tech-free'
- 56 Stop 'awful'-ising
- 57 Avoid late-night news watching
- 58 Drink herbal tea
- 59 Reduce or eliminate alcohol



PREPARING FOR BED

- 60 Invest in a good quality bed and bedding
- 61 Go to bed at roughly the same time every night
- 62 Give your screens a curfew
- 63 Shut down the 'open tabs' in your life before going to bed
- 64 Do some gentle stretching
- 65 Practise gratitude
- 66 Listen to a favourite piece of music
- 67 Spend five minutes relaxing before bed
- 68 Develop a relaxing bedtime ritual
- 69 Have a warm bath or shower 90 minutes before bed
- 70 Use relaxing aromatherapy oils
- 71 Soak your feet in hot water

GOING TO SLEEP

- 72 Keep your bedroom cool and dark
- 73 Use ear plugs in noisy environments
- 74 Warm your bed in the winter months
- 75 Reduce or eliminate tech in the bedroom
- 76 Listen to relaxing sounds
- 77 Have separate sleepwear especially for bed
- 78 Use a weighted blanket
- 79 Read something you find uplifting in bed before sleep
- 80 Keep a lighted pen and notepad next to the bed

WAKING IN THE NIGHT

- 81 Practise 'belly-breathing' to help you sleep
- 82 Go through a body scan
- 83 Avoid devices
- 84 Seek (imaginary) advice
- 85 Play a mental game
- 86 Listen to audio books or stories
- 87 Put on gentle music or a meditation
- 88 Avoid looking at the time
- 89 Do a quiet activity

RESTING AND REGROUPING

- 90 Allow yourself to completely switch off from work
- 91 Take a regular 'tech-detox'
- 92 Find an accountability buddy
- 93 Grow something
- 94 Make time for nature
- 95 Talk with a Doctor