

Annex 2 – Call to Action Activity Template

Theme: How to Set-Up a Sleep Routine

Thematic Area	How to Set-Up a Sleep Routine		
Activity Title	Developing a Personalised Sleep Routine		
Type of resource	Self-Help Activity		
Photo	 <p data-bbox="668 1350 1171 1384">Photo by Kinga Cichewicz on Unsplash</p>		
Duration of Activity (in minutes)	30-60 minutes	Learning Outcome	<ul style="list-style-type: none"> Develop a personalised sleep routine that takes into account unique needs and preferences.
Aim of activity	This activity aims to create a personalised sleep routine that takes into account individual needs and preferences to improve the quality of sleep.		
Materials Required for Activity	<ul style="list-style-type: none"> Pen and Paper or Smart Device. A quiet, comfortable space to brainstorm and reflect. 		

Step-by-step instructions

Step 1: Start by reflecting on your current sleep habits. Ask yourself questions, such as:

- What time do I usually go to bed and wake up?
- How many hours of sleep do I typically get?
- Do I have trouble falling asleep or staying asleep?

It is important to note down your answers.

Step 2: Think about your unique needs and preferences. Consider factors such as your work schedule, family commitments, and personal preferences for bedtime routines. What factors contribute to a good night's sleep for you?

Useful links to complete this step:

[How Is Sleep Quality Calculated?](#)

[6 Factors That Affect Your Sleep](#)

Step 3: Based on your reflections, make a list of specific actions that you can take to improve your sleep routine. This might include things like setting a consistent bedtime and wake-up time, avoiding screens for an hour before bed, or creating a relaxing bedtime routine that includes stretching or reading.

Useful links to complete this step:

[Tips for Better Sleep](#)

Step 4: Prioritise your list based on what you think will have the most significant impact on your sleep quality. Be sure to consider both short-term and long-term changes.

Step 5: Consider how you can integrate these changes into your daily routine. Identify any potential obstacles and come up with solutions to overcome them.

Useful links to complete this step:

[Are you getting a good night's sleep?](#)

Step 6: Create a schedule or checklist to help you implement your new sleep routine. Be sure to include specific times for going to bed and waking up, as well as any other actions that you want to take as part of your bedtime routine.

Step 7: Stick to your new sleep routine for at least a week, and then reflect on how it's working for you. Ask yourself questions, such as:

- Do you feel more rested?
- Are you having an easier time falling asleep or staying asleep?

Then make any necessary adjustments based on your experiences.

Step 8: Keep your sleep routine flexible, but consistent. Adjust it as needed to accommodate changes in your life but be sure to maintain a regular sleep schedule as much as possible.

Remember that developing a personalised sleep routine takes time and patience. Be kind to yourself as you work through this process and celebrate the small victories along the way.