



Rest Reflection

Using Reflection to Enhance Your Sleep Quality

Understand Your Sleep • Notice Patterns • Calm Your Mind

Better sleep starts with awareness.

Reflecting helps you:

- Understand what affects your rest
 - Notice patterns in your thinking
 - Improve your sleep habits
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Last Night's Sleep

How did you sleep?

- Very poor
- Poor
- Okay
- Good
- Very good

How many hours did you sleep? _____

How You Feel Today

Right now, I feel:

- Rested
- Slightly tired
- Very tired
- Drained
- Foggy

Describe your energy:

Nighttime Thoughts

Before sleeping, my mind felt:

- Calm
- Busy
- Overthinking
- Anxious
- Restless

What thoughts were present?

Racing Thoughts Impact

Did racing thoughts affect your sleep?

- Yes
- No
- A little

How?

Pre-Sleep Habits

Before bed, I:

- Used my phone
- Followed a routine
- Relaxed properly
- Felt rushed
- Took time to unwind

What helped or didn't help?

What Supported My Rest?

What helped you feel calmer or sleep better?

What Disrupted My Rest?

What made sleep harder?

Small Improvements

What is one thing you can improve tonight?

