

INSIDE THE HUDDLE

JENNIFER A. GARRETT'S GET MORE SLEEP ASSESSMENT WORKSHEET

If you want to continue to move the ball and get across your goal line, it requires you to have consistent, high-quality sleep. Rate yourself on a score of 1-10 (1 - lowest | 10 - highest) on each of the items below. Then, identify what actions you can take to improve your scores in each of the areas. By focusing on improving your scores in the below areas, you will get the extra sleep that you need and that you deserve, which will result in you waking up more refreshed, more energized, and fully ready to tackle and dominate the day.

QUESTION	RATINGS										ACTIONS TO IMPROVE RATING
OVERALL SLEEP QUALITY Consistently get 7-8 hours of quality sleep each week	1	2	3	4	5	6	7	8	9	10	
MORNING WORKOUT Routinely workout in the morning for a period of at least 20 minutes	1	2	3	4	5	6	7	8	9	10	
RESTING DURING THE DAY Meditate for 20 minutes daily, go for a walk 20 minutes daily, or nap less than 30 minutes when napping	1	2	3	4	5	6	7	8	9	10	
LAYING OFF "THE DRUGS" No caffeine, sugar, white carbs or starchy foods after 3pm	1	2	3	4	5	6	7	8	9	10	
TRANSITIONING FROM THE DAY Clear separation or transition period between the workday and home life	1	2	3	4	5	6	7	8	9	10	
OPTIMIZING YOUR HOME ENVIRONMENT In the evening, lights are dimmed, bedroom is dark, and temperature between 68-69 degrees Fahrenheit	1	2	3	4	5	6	7	8	9	10	
AVOIDING EVENING OVER-STIMULATION No screen time or watching TV, or responding to emails and texts 60-90 minutes prior to bedtime	1	2	3	4	5	6	7	8	9	10	
PLANNING & JOURNALING NIGHTLY Plan out the critical tasks for the next day each night and practice gratitude before bed	1	2	3	4	5	6	7	8	9	10	

If you want to get more sleep, then you need to shift your habits and your environment. You also need to consistently measure your progress because you will not sustain change if you do not measure your progress consistently. Be sure to rate yourself in these areas at least on a monthly basis, but ideally on a weekly or a bi-weekly basis.