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Mental Health & Wellbeing

Better Sleep Workbook

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This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any sleep or mental health condition.

If you are concerned about your sleep or health, please speak to your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

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PAGE 1 – Understanding Sleep

Why is sleep important?

Sleep helps your body and mind recover.

Good quality sleep supports your mood, memory, concentration, immune system and overall wellbeing.

Poor sleep can increase stress, anxiety, irritability and tiredness, making everyday life feel more difficult.

Improving your sleep often starts with small, consistent habits.

Signs you may not be getting enough sleep

- ☐ Feeling tired most days
- ☐ Difficulty concentrating
- ☐ Feeling irritable
- ☐ Low energy
- ☐ Waking up often during the night
- ☐ Finding it hard to fall asleep
- ☐ Feeling unrefreshed after sleeping
- ☐ Relying on caffeine to stay awake
- ☐ Daytime sleepiness
- ☐ Poor motivation

Reflection

How has poor sleep affected your daily life?

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PAGE 2 – My Sleep Habits

Take a moment to understand your current routine.

 What time do I usually go to bed?

 What time do I usually wake up?

 How many hours do I usually sleep?

 I usually wake during the night...

- ☐ Never
- ☐ Once
- ☐ Two or three times
- ☐ Frequently

 What do I think affects my sleep most?

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PAGE 3 – Building a Better Bedtime Routine

Small habits before bed can help prepare your mind and body for sleep.

 Tonight I will...

- ☐ Go to bed at the same time.
- ☐ Turn off my phone 30–60 minutes before bed.
- ☐ Avoid caffeine late in the day.
- ☐ Read a book.
- ☐ Listen to calming music.
- ☐ Practice deep breathing.
- ☐ Keep my bedroom cool, dark and quiet.
- ☐ Avoid heavy meals just before bed.
- ☐ Write down tomorrow's tasks.
- ☐ Be patient with myself if I can't sleep.

 One change I'll make tonight

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PAGE 4 – Understanding What Keeps You Awake

Many things can affect sleep. Understanding your personal sleep barriers is the first step towards improving your rest.

 Things that may affect my sleep

- ☐ Stress
- ☐ Anxiety
- ☐ Depression
- ☐ Physical pain
- ☐ Caffeine
- ☐ Alcohol
- ☐ Late-night screen time
- ☐ Worrying about tomorrow
- ☐ Noise
- ☐ An uncomfortable bedroom
- ☐ Other

 The biggest thing affecting my sleep is...

♥ One small change I can make

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PAGE 5 – Calming Your Mind Before Bed

A busy mind can make falling asleep difficult.

Create a relaxing routine that tells your brain it's time to unwind.

♥ Tonight I will...

- ☐ Turn off screens 30–60 minutes before bed.
- ☐ Read a few pages of a book.
- ☐ Listen to calming music.
- ☐ Practice deep breathing.
- ☐ Stretch gently.
- ☐ Write my worries in a journal.
- ☐ Drink a caffeine-free drink.
- ☐ Dim the lights.
- ☐ Practice gratitude.
- ☐ Spend a few minutes relaxing.

♥ Which activity helps me feel the calmest?

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PAGE 6 – My Sleep Diary

Keeping a sleep diary can help you notice patterns.

Date

Bedtime

Time I fell asleep

Times I woke during the night

Wake-up time

Hours slept

Sleep quality

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ What may have affected my sleep?

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PAGE 7 – A Positive End to the Day

The way you finish your day can influence how you sleep.

Before bed, take a moment to slow down and reflect.

♥ Today I'm grateful for...

1.

2.

3.

♥ One positive thing that happened today

♥ One thing I will let go of before I sleep

♥ Remember

You don't need a perfect night's sleep to make progress.

Focus on building healthy habits, one evening at a time.

Be patient with yourself.

Better sleep often comes through small, consistent changes.

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PAGE 8 – Creating the Perfect Sleep Environment

Your bedroom should be a place that helps your body and mind relax.

Small changes can make a big difference.

♥ My bedroom is...

☐ Dark

- ☐ Quiet
- ☐ Cool
- ☐ Comfortable
- ☐ Tidy
- ☐ Free from distractions
- ☐ Used mainly for sleep
- ☐ Relaxing to be in

♥ One thing I can improve

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PAGE 9 – Managing Night-Time Worries

Many people find their worries become louder at bedtime.

Instead of carrying them into bed, try writing them down.

♥ What's on my mind tonight?

♥ Can I do anything about this tonight?

☐ Yes

☐ No

♥ If yes, my next small step is...

♥ If no, I give myself permission to leave this until tomorrow.

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PAGE 10 – Relaxation Before Sleep

Relaxing your body can make it easier to drift off.

♥ Try this simple relaxation exercise

Starting with your feet...

Gently tense the muscles for 5 seconds.

Slowly relax them for 10 seconds.

Repeat with:

- ☐ Feet
- ☐ Legs
- ☐ Hands
- ☐ Arms
- ☐ Shoulders
- ☐ Face

As your muscles relax, notice your breathing becoming slower and calmer.

♥ How relaxed do I feel now?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

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PAGE 11 – My Evening Reflection

Take a few quiet moments before bed.

♥ Today went well because...

♥ Tomorrow I will focus on...

♥ One thing I am thankful for

♥ One positive thought before sleep

♥ Remember

A peaceful night's sleep begins with a peaceful evening.

Be patient with yourself.

Every healthy bedtime habit is another step towards better sleep and better wellbeing.

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PAGE 12 – Food, Drink & Sleep

What you eat and drink can affect how well you sleep.

Making a few simple changes may help improve your sleep quality.

♥ Today I will...

☐ Drink enough water.

☐ Eat regular meals.

☐ Avoid caffeine in the evening.

- ☐ Avoid large meals just before bed.
- ☐ Limit sugary snacks before bedtime.
- ☐ Choose a caffeine-free evening drink.
- ☐ Avoid too much alcohol before sleep.
- ☐ Listen to what my body needs.

♥ One healthy change I'll make

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PAGE 13 – Moving Your Body

Gentle physical activity during the day can help you sleep better at night.

You don't need an intense workout—every bit of movement counts.

♥ Today I...

- ☐ Went for a walk.
- ☐ Stretched my body.
- ☐ Spent time outdoors.
- ☐ Did some gardening.
- ☐ Cycled.
- ☐ Did yoga.

☐ Played with my children or pets.

☐ Moved more than yesterday.

♥ How did moving make me feel?

♥ What activity would I like to do more often?

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PAGE 14 – Creating a Healthy Sleep Routine

Consistency helps your body's natural sleep cycle.

Choose a routine you can realistically stick to.

♥ My evening routine

☐ Turn off screens.

☐ Have a warm drink.

☐ Read a book.

☐ Practice breathing exercises.

☐ Dim the lights.

☐ Brush my teeth.

☐ Prepare for tomorrow.

☐ Go to bed at the same time.

♥ My ideal bedtime

♥ My ideal wake-up time

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PAGE 15 – Weekly Sleep Reflection

Take a few minutes to reflect on your sleep this week.

♥ This week I slept better because...

♥ Something that affected my sleep was...

♥ One thing I'll continue doing

♥ One goal for next week

♥ Remember

Better sleep doesn't happen overnight.

Small, consistent habits often lead to the biggest improvements.

Celebrate every good night's sleep, learn from the difficult ones, and be patient with yourself.

Every night is a new opportunity to rest, recover and recharge. ♥

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PAGE 16 – Understanding Your Sleep Cycle

Your body has a natural internal clock, often called your body clock or circadian rhythm.

Keeping regular sleep and wake times helps your body know when it's time to sleep and when it's time to wake up.

Changing your routine every day can make it harder to get good quality sleep.

♥ This week I will try to...

- ☐ Wake up at the same time each day.
- ☐ Go to bed at the same time each night.
- ☐ Get some natural daylight in the morning.
- ☐ Avoid long daytime naps.
- ☐ Create a relaxing bedtime routine.
- ☐ Give myself time to unwind.

♥ One change I'll make this week

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PAGE 17 – When You Can't Sleep

Everyone has nights when sleep doesn't come easily.

Instead of becoming frustrated, try being gentle with yourself.

If you can't sleep after about 20 minutes, it can help to get out of bed and do something quiet and relaxing before trying again.

♥ If I can't sleep, I will...

- ☐ Read a book.
- ☐ Listen to calming music.
- ☐ Practice slow breathing.

- ☐ Keep the lights dim.
- ☐ Avoid checking the time repeatedly.
- ☐ Avoid using my phone if possible.
- ☐ Remind myself that one poor night's sleep won't last forever.

♥ What helps me relax?

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PAGE 18 – My Sleep Tracker

Use this page to notice patterns in your sleep.

Day	Hours Slept	Sleep Quality (1–10)	Energy Today (1–10)
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Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

♥ What patterns have I noticed?

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PAGE 19 – Building Healthy Sleep Habits

Good sleep is built through consistent habits rather than perfection.

♥ My Healthy Sleep Promise

- ☐ I will be patient with myself.
- ☐ I will avoid comparing my sleep to others.
- ☐ I will focus on progress, not perfection.
- ☐ I will keep a regular bedtime.
- ☐ I will make my bedroom a relaxing place.
- ☐ I will ask for support if sleep problems continue.
- ☐ I will celebrate small improvements.

♥ My biggest sleep goal

♥ My message to myself

♥ Remember

Better sleep doesn't come from trying harder.

It comes from creating habits that help your body and mind feel safe, calm and ready for rest.

Every healthy choice you make today is an investment in tomorrow's wellbeing.

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PAGE 20 – Creating a Calm Mind

A busy mind is one of the most common reasons people struggle to fall asleep.

Instead of trying to stop your thoughts, allow them to come and go without judging them.

Your mind doesn't have to be completely quiet for sleep to happen.

♥ Tonight I will let go of...

♥ One peaceful thought before bed

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PAGE 21 – A Bedroom That Helps You Sleep

Your bedroom should be a place where your body recognises it's time to rest.

♥ My bedroom is...

- ☐ Quiet
- ☐ Dark
- ☐ Cool
- ☐ Comfortable
- ☐ Tidy
- ☐ Relaxing
- ☐ Free from unnecessary distractions
- ☐ Comfortable to sleep in

♥ One improvement I can make

♥ I'll make this change by

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PAGE 22 – Evening Gratitude

Ending your day with gratitude can help shift your attention away from worry and towards moments of peace.

♥ Today I'm grateful for...

1.

2.

3.

♥ One thing that made me smile today

♥ One thing I'm proud of today

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PAGE 23 – Preparing for Tomorrow

A calm evening often leads to a calmer tomorrow.

Before going to sleep...

 Tomorrow I will...

- ☐ Start my day slowly.
- ☐ Drink enough water.
- ☐ Eat breakfast.
- ☐ Spend time outside.
- ☐ Take regular breaks.
- ☐ Practice self-care.
- ☐ Speak kindly to myself.
- ☐ Celebrate small wins.

 My main goal for tomorrow

 My message to tomorrow's self

♥ Remember

Sleep isn't something you can force.

It's something you gently allow.

Create a calm routine.

Be patient with yourself.

Trust that your body knows how to rest.

One peaceful night at a time, you're building healthier sleep habits.

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PAGE 24 – Managing Daytime Naps

A short nap can sometimes help if you're tired.

However, long or late-afternoon naps may make it harder to fall asleep at night.

♥ Today I...

- ☐ Didn't nap.
- ☐ Took a short nap (20–30 minutes).
- ☐ Napped for longer than planned.
- ☐ Felt refreshed afterwards.
- ☐ Felt more tired afterwards.

♥ If I nap, I'll try to...

- ☐ Keep it under 30 minutes.
- ☐ Avoid napping late in the day.
- ☐ Go outside afterwards.
- ☐ Return to my normal bedtime.

♥ What works best for me?

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PAGE 25 – Creating a Relaxing Evening Routine

Repeating the same relaxing activities each evening helps your brain recognise that bedtime is approaching.

♥ My evening routine

- ☐ Switch off electronics.
- ☐ Dim the lights.
- ☐ Have a warm caffeine-free drink.
- ☐ Read for 15–20 minutes.
- ☐ Practice slow breathing.

- ☐ Stretch gently.
- ☐ Brush my teeth.
- ☐ Go to bed at the same time.

♥ My favourite part of my evening routine

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PAGE 26 – My Weekly Sleep Review

Looking back over the week can help you notice what improves your sleep.

♥ This week I slept best when...

♥ Something that disturbed my sleep

♥ One new habit that helped

♥ One habit I'd like to improve

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PAGE 27 – My Better Sleep Plan

You've already taken positive steps towards improving your sleep.

Remember, consistency is more important than perfection.

♥ My Sleep Promise

I promise to...

- ☐ Keep a regular bedtime.
- ☐ Wake up at a similar time each morning.
- ☐ Create a calming bedtime routine.
- ☐ Look after my physical and mental wellbeing.
- ☐ Be patient if I have a poor night's sleep.
- ☐ Keep practising healthy sleep habits.

♥ My biggest sleep goal

♥ My message to myself

♥ Remember

Better sleep is a journey, not a race.

One peaceful evening...

One healthy habit...

One good night's sleep at a time.

Every positive step you take is helping your mind and body rest, recover and recharge.

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PAGE 28 – Understanding Caffeine & Sleep

Caffeine can stay in your body for several hours. Drinking tea, coffee, energy drinks or cola later in the day may make it harder to fall asleep.

Everyone reacts differently, so it's helpful to notice what works for you.

♥ Today I drank...

- ☐ Tea
- ☐ Coffee
- ☐ Energy drinks
- ☐ Cola
- ☐ No caffeine

♥ My last caffeinated drink was at...

♥ Did it affect my sleep?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

♥ One change I'll try this week

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PAGE 29 – Waking Up Feeling Refreshed

A good morning routine can help improve your body clock.

♥ Tomorrow morning I will...

- ☐ Get out of bed when I wake up.
- ☐ Open the curtains.
- ☐ Spend time in natural daylight.
- ☐ Drink a glass of water.
- ☐ Eat breakfast.
- ☐ Stretch my body.
- ☐ Avoid pressing snooze repeatedly.
- ☐ Start the day calmly.

♥ One morning habit I want to improve

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PAGE 30 – My Sleep Success Journal

Take time to celebrate your progress.

Every improvement, no matter how small, is worth recognising.

♥ This week I noticed...

- ☐ I fell asleep more quickly.
- ☐ I woke up less often.

- ☐ I felt calmer before bed.
- ☐ I had more energy.
- ☐ I worried less about sleep.
- ☐ I kept to my bedtime routine.
- ☐ I felt more refreshed.

♥ My biggest improvement

♥ One thing I'm proud of

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PAGE 31 – My Better Sleep Journey

Take a moment to reflect on how far you've come.

♥ Since starting this workbook...

I have learned...

I now understand...

The habit that has helped me the most is...

♥ Remember

Better sleep doesn't happen because of one perfect night.

It happens because of small, healthy choices repeated over time.

Keep believing in your progress.

Keep looking after yourself.

And remember...

Every peaceful night is a gift to your mind, your body and your wellbeing. ♥

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PAGE 32 – When Sleep Doesn't Go to Plan

Everyone has nights where they struggle to sleep.

One poor night's sleep doesn't mean the next night will be the same.

Try not to worry about losing sleep, as worrying can sometimes make it harder to fall asleep.

♥ If I can't sleep tonight, I will...

- ☐ Stay calm.
- ☐ Avoid looking at the clock.
- ☐ Practice slow breathing.
- ☐ Read something relaxing.
- ☐ Keep the lights dim.
- ☐ Avoid checking my phone.
- ☐ Remind myself tomorrow is a new day.

♥ One thing that helps me relax

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PAGE 33 – Looking After My Wellbeing

Good sleep is connected to good overall wellbeing.

Small healthy habits during the day can improve your sleep at night.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outside.
- ☐ Move my body.
- ☐ Take regular breaks.
- ☐ Spend time with people I enjoy.
- ☐ Practice relaxation.
- ☐ Be kind to myself.
- ☐ Make time to unwind.

♥ One healthy habit I'll continue

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PAGE 34 – My Personal Sleep Toolkit

Everyone sleeps differently.

Create your own toolkit of things that help you have a better night's sleep.

♥ My Sleep Toolkit

- ☐ Reading
- ☐ Calm music

- ☐ Deep breathing
- ☐ Warm bath or shower
- ☐ Meditation
- ☐ Gentle stretching
- ☐ Herbal tea (caffeine-free)
- ☐ Journaling
- ☐ Keeping my room cool
- ☐ Turning off screens
- ☐ Other

♥ My three favourite sleep habits

1.

2.

3.

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PAGE 35 – My Better Sleep Journey

You've spent time learning about sleep, building healthy habits and understanding what works for you.

That is something to be proud of.

♥ Looking back...

The biggest change I've noticed is...

The habit that has helped me the most is...

One thing I will continue doing is...

♥ Remember

Better sleep is built one night at a time.

Some nights will be easier than others, and that's okay.

Keep following the habits that work for you.

Be patient with yourself.

Your mind and body are designed to rest.

Every peaceful night is another step towards better health and wellbeing. 

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PAGE 32 – When Sleep Doesn't Go to Plan

Everyone has nights where they don't sleep well.

One poor night's sleep doesn't mean you'll have another.

Try not to judge yourself or worry about losing sleep.

Your body will usually catch up with the rest it needs over time.

 After a poor night's sleep I will...

- ☐ Be kind to myself.
- ☐ Avoid worrying about tonight's sleep.
- ☐ Keep my normal bedtime.
- ☐ Get some daylight.
- ☐ Drink enough water.
- ☐ Eat regular meals.
- ☐ Stay active if I can.
- ☐ Avoid sleeping all day.

 One thing I'll remember today

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PAGE 33 – Relaxing My Body

Stress can cause our muscles to stay tense without us realising.

Learning to relax your body can help prepare you for sleep.

♥ Tonight I will...

- ☐ Relax my shoulders.
- ☐ Unclench my jaw.
- ☐ Stretch gently.
- ☐ Take slow breaths.
- ☐ Close my eyes for five minutes.
- ☐ Listen to calming sounds.
- ☐ Focus on relaxing one muscle at a time.

♥ How relaxed do I feel?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ What helped me most?

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PAGE 34 – My Healthy Sleep Checklist

Small habits can make a big difference over time.

♥ This week I have...

- ☐ Gone to bed at a regular time.
- ☐ Woken up at a regular time.
- ☐ Reduced screen time before bed.
- ☐ Limited caffeine.
- ☐ Created a relaxing bedtime routine.
- ☐ Got outside during the day.
- ☐ Exercised gently.
- ☐ Asked for help when needed.
- ☐ Been patient with myself.
- ☐ Celebrated small improvements.

♥ Which habit has helped the most?

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PAGE 35 – My Better Sleep Journey

You've spent time learning about your sleep, building healthy habits and understanding what works best for you.

That's something to be proud of.

♥ Looking back...

The biggest thing I've learned is...

The habit that has helped me most is...

The next step on my journey is...

♥ Remember

Better sleep doesn't come from trying harder.

It comes from treating yourself with patience, consistency and kindness.

Every evening is a fresh opportunity to rest.

Every morning is a new beginning.

Keep believing in your progress.

You deserve peaceful nights and brighter days. 🌱

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PAGE 36 – Looking Forward to Better Sleep

Better sleep is built through small, consistent habits.

You don't need to be perfect.

Each positive choice you make helps your mind and body recover.

🌱 Looking ahead...

One sleep habit I'll continue

One habit I'd like to improve

My biggest sleep goal

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PAGE 37 – My Personal Sleep Promise

Making a promise to yourself can help you stay focused on healthy habits.

 I promise to...

- ☐ Keep a regular bedtime.
- ☐ Wake up at a consistent time.
- ☐ Create a relaxing evening routine.
- ☐ Limit screen time before bed.
- ☐ Look after my mental wellbeing.
- ☐ Be patient with myself.
- ☐ Keep practising healthy sleep habits.

 My promise

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PAGE 38 – My Wellbeing Plan

Good sleep is just one part of looking after yourself.

 I will continue to...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Move my body regularly.
- ☐ Practice relaxation.
- ☐ Stay connected with people I trust.
- ☐ Take breaks when needed.
- ☐ Be kind to myself.

 Three things that help me feel my best

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Better Sleep Workbook

Congratulations on completing this workbook.

By learning about sleep and practising healthier habits, you've taken an important step towards improving your wellbeing.

Remember:

♥ Better sleep takes time.

♥ Small changes can make a big difference.

♥ Progress is more important than perfection.

♥ Be patient with yourself.

♥ Every night is a new opportunity to rest and recover.

♥ My Commitment

From today I promise to support my sleep by...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support healthy sleep habits. If you regularly struggle with sleep, or your sleep difficulties are affecting your daily life, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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