



My Sleep Busters Worksheet

What is a sleep buster?

A sleep buster is something that gets in the way of good sleep.

Below is a list of sleep busters. Check off all the ones that get in the way of you getting good sleep.

- Use electronics 30 minutes or less before bedtime
- Use the place where you sleep for something other than sleep (e.g., homework, watch movies)
- The place where you sleep is too noisy
- The place where you sleep is too hot or too cold
- The place where you sleep is too bright
- Had caffeine after 12 noon
- Exercised 2 hours or less before bedtime
- Ate within 1 hour of bedtime, especially sugary foods
- Ate too much before bedtime
- Went to sleep hungry
- Felt stressed or worried at bedtime or in the middle of the night
- Did homework 30 minutes or less before bedtime
- The place where you sleep is not comfortable
- A pet or someone in the place where you sleep wakes you up
- Napped more than 30 minutes or after 4 pm

