

SLEEP AND THE EIGHT DIMENSIONS

March 2018

Sleep and Your Eight Dimensions: A Worksheet

This worksheet is designed to be a tool to help you plan a good night's sleep. When you are well-rested, how do you feel? Also, think about how you feel when you don't get a good night's sleep and are restless or awakened at night. Keep track of your sleep habits and the impact on your day with this worksheet. You can also share this with people in your life: a physician, therapist, or friend to explore your sleep habits so you can plan to get a restful sleep.

Wellness Dimension	When I'm well-rested, I...	When I don't get a good night's sleep, I...
Example: Occupational	<i>Feel alert and productive at work/school/volunteering</i>	<i>Am not as efficient and I struggle communicating at work/school/volunteering</i>
Emotional		
Environmental		
Financial		
Intellectual		
Occupational		
Physical		
Social		
Spiritual		