

Sleep Improvement Action Plan

Sleep is an essential cornerstone of good health and not getting enough of it, or experiencing poor quality sleep can negatively impact our health and contribute to the development of heart disease.

This action plan is designed to help you make intentional commitments toward improving your sleep. Below, you'll find a variety of strategies that can positively impact your sleep. Choose the ones that feel right for you or create personalised solutions that best suit your circumstances. By taking these steps, you can prioritise your sleep and support your heart health.

Make your
bedroom cool
(around 18°C)

No caffeine
after midday

Fit blackout
blinds

Read a book
before bed

Get morning
light exposure

No eating
after 7pm

Have a bath
before bed

No screens
after 8pm

Practice
mindfulness/
yoga etc

Bed by 10pm

Journaling
before bed

Keep a
sleep diary

Wake up at
7am every day

Swap
bedroom lamps
for red bulbs

Physical activity
during the day

Sleep commitments:

E.g. I will make sure I get outside in daylight for a minimum of ten minutes before midday each day.

1.

2.

3.

4.

5.
