

SLEEP HYGIENE WORKBOOK

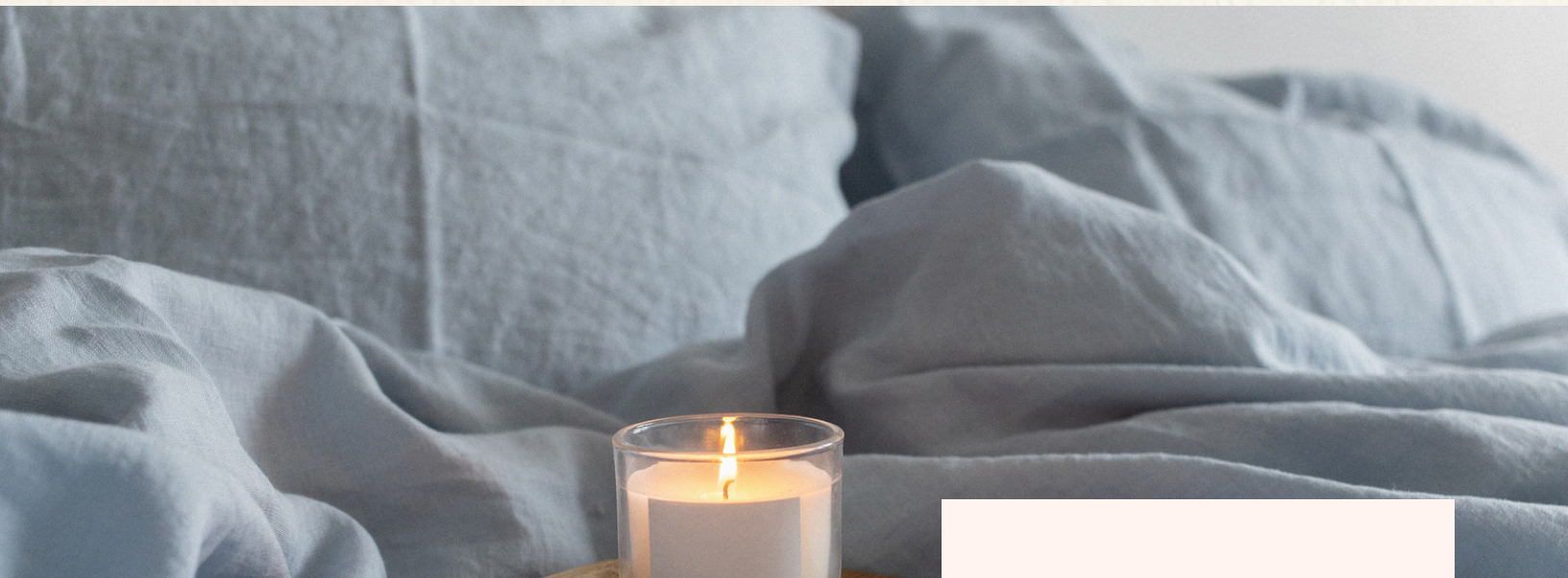
Rest & Regulation – a sleep hygiene
& mindfulness workbook

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Sleep Hygiene

WHY SLEEP MATTERS



Sleep plays a vital role in mood regulation, concentration, emotional resilience, and physical health. Difficulties with sleep are common during periods of stress, anxiety, low mood or trauma - and they are **not a personal failure.**

This e workbook has been created to support your rest, emotional regulation, and overall wellbeing. Sleep hygiene focuses on **gentle, practical habits** that support better rest over time. You can move through the book at your own pace, even small steps can make a meaningful difference. If anything brings up discomfort, pause and return when you are ready.

Sleep is where the mind softens, the body restores, and the self reconnects. In sleep, the nervous system remembers how to feel safe again.

Section 1

MY CURRENT SLEEP PATTERN

TYPICAL
BEDTIME

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TYPICAL WAKE
UP TIME

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HOW RESTED
I FEEL UPON
WAKING

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Section 2

LET'S ASSESS

What do you notice about these habits? Consider your sleep space and think of one gentle change you could try.

Evening habits check-in					
	Never	Rarely	Sometimes	Always	
HABITS	I use screens within 1 hour of bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I consume caffeine after mid afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I drink alcohol in the evening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My bedtime varies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a calming wind-down routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Consider your sleep space				
	Unsuitable	Adequate	Optimal	
ENVIRONMENT	Light: supportive/too light/ too dark	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Noise: manageable/ disruptive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Temperature: comfortable/too warm/ too cold	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Comfort: supportive/ uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

THOUGHTS ABOUT SLEEP

Many people experience racing or critical thoughts at night. Take note of any thought patterns you identify, reflect on how these thoughts impact you, and consider one small change to try (keep this realistic & kind)

Common thoughts I notice:



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How they affect my sleep/body:



2

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One small change to try this week:



3

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Section 4

ACTION STEPS

Capture your weekly sleep reflections here

1 What helped my sleep this week?

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2 What made sleep harder?

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3 What would I like to try next?

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Part 2

MINDFULNESS FOR REGULATION & CALM

WHAT IS MINDFULNESS?

Mindfulness means gently paying attention to the present moment, without judgement.

It's not about emptying your mind — noticing distraction is part of the practice.

Mindfulness can help calm the nervous system, reduce overwhelm, and increase awareness of thoughts and emotions.



GUIDED MINDFULNESS PRACTICE (5-10 MINUTES)



1. **Settling**

Find a comfortable position.

Allow your body to be supported.

If it feels safe, gently close your eyes or soften your gaze

2. **Breathing Awareness**

Bring attention to your breath.

- Notice the in-breath
- Notice the out-breath
- No need to change anything

When your mind wanders, gently guide it back.

3. **Body Awareness**

Slowly notice sensations in your body:

- Face and jaw
- Shoulders and chest
- Stomach and back
- Legs and feet

There is nothing you need to fix.

4. **Grounding**

Bring awareness to your surroundings:

- Name 3 things you can hear
- Name 2 things you can feel
- Name 1 thing you can see

5. **Closing**

Take one slow breath.

When ready, bring attention back to the room.



REFLECTION AFTER PRACTICE

What did I notice?

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What felt supportive?

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What felt difficult?

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How did I feel afterwards?

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Bringing Mindfulness Into Daily Life:

One everyday moment I could practice mindfulness (e.g. showering, walking, making tea):

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A Gentle Reminder

Progress does not come from doing this perfectly — it comes from showing up with curiosity and kindness. You are allowed to rest. You are allowed to go slowly.

About THE AUTHOR



I am a qualified psychotherapist and clinical research facilitator, with experience supporting individuals experiencing anxiety, low mood, stress, trauma, and sleep difficulties. I hold a BSc (Hons) and am a registered member of the British Association for Counselling and Psychotherapy (MBACP).

Alongside my clinical practice, I work within clinical research settings, including psychedelic research trials, where psychological safety, ethical practice, and careful post-session support are central to my role. This work has deepened my understanding of the close relationship between sleep, nervous system regulation, and emotional wellbeing.

My therapeutic approach is compassionate, collaborative, and trauma-informed. I believe that meaningful and sustainable change often comes from small, realistic steps rather than striving for perfection. I have created this workbook to offer gentle guidance, practical tools, and reassurance, supporting you to better understand your sleep and develop habits that feel achievable and kind.

DO YOU NEED
MORE HELP?

SCHEDULE A CALL



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