

# **SLEEP WISE**

## EXERCISE WORKSHEETS

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# SLEEP LOG

Date							
<b>Bed Time (BT)</b> What time did you get into bed?							
<b>Lights Out (LO)</b> What time did you try to go to sleep?							
<b>Sleep Onset Latency (SOL)</b> How long did it take you to fall asleep?							
How many times did you wake up?							
<b>Wake After Sleep Onset (WASO)</b> How long was each of your awakenings?							
<b>Wake Time (WT)</b> What time was your final awakening?							
<b>Rise Time (RT)</b> What time did you get out of bed?							
<b>Time in Bed (TIB)</b>							
<b>Total Sleep Time (TST)</b>							

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## EXERCISE: INTERPRETING YOUR SLEEP PATTERNS

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After you complete the first week of your sleep log, you'll start to uncover meaningful information about your sleep patterns. At this point you'll be able to start identifying which parts of your sleep are healthy and which parts could use a tune-up. Here are some questions to start you off:

1. What was it like to track your sleep for this past week?

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2. Did any patterns immediately jump out at you?

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3. Did any patterns surprise you?

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4. What are you already doing well?

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5. Is there anything you may want to change?

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## EXERCISE: WHAT'S MY SLEEP STORY?

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Let's start by asking these questions:

1. What is my relationship with sleep?  
Draw the image that comes to mind.

2. What am I telling myself about how well I sleep?

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3. What am I feeling about my sleep quality?

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4. What am I doing about my sleep health?

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These prompts can help draw out the components of your sleep story and illuminate the connections between your thoughts, emotions, and behaviors. In the introduction, I shared with you my own initial story: *I sleep so well that I can sleep through an earthquake; I must be one of the lucky ones.* The image that I drew was of me happily snoring through the night with a big smile on my face. In my mind, I was a good sleeper (thought), who felt fortunate to have a positive relationship with going to bed (emotion), and I treated myself by sleeping in on the weekend (behavior). By starting here, I was able to notice what I was telling myself.

If we can build our awareness around the connections between our minds and our actions, then we can start recognizing what may be contributing to a particular bout of sleep disruption and do something about it.

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## EXERCISE: LEAVES ON A STREAM

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This guided meditation is a great tool to help you begin to train yourself to become more aware of your thoughts without getting swept up in them.

- Find a comfortable position, either seated or lying down. Close your eyes, and start by taking a few full, deep breaths, all the way in, and all the way out.
- When you're ready, allow your breath to return to its normal pace and rhythm, and notice the quality of it. Is the exhalation longer than the inhalation? Is there a brief pause at the top or the bottom? Is your breathing effortful or effortless? At this point there is no need to change it; simply notice the slow and relaxed inhale followed by an easy and relaxed exhale.
- As you sit with your breath, imagine you are sitting on the bank of a stream. You feel the warmth of the sun directly overhead and as you look out onto the stream, you notice several large, colorful leaves drifting slowly along in the current. As you observe the stream, take a few moments to notice what you see, hear, smell, and feel.
- When you're ready, begin to notice your thoughts. They may be plans for the future, memories of the past, or judgments of self or others. Whatever they are, try to observe them for simply what they are without hooking onto any one thought.
- As the thoughts come into your awareness, imagine placing each on its own leaf one by one, and watch as the leaves gently carry the thoughts out of view.
- Some leaves may bounce along the currents and swiftly carry thoughts away, while others may get caught in small eddies and swirl around for a few moments before slowly drifting downstream. Or, perhaps, a leaf may carry one thought away, just to have that same thought reappear. Whatever the case, if you find yourself focusing on recurrent thoughts or ones

that continue to hang around, simply acknowledge that it is happening and gently return your attention to the arising of thoughts, placing each one on a leaf, and watching it float away.

- After spending a few minutes noticing the thoughts come and go, allow the thoughts and image of the stream to slowly fade and return your attention to your breath. Notice the quality of it. Is your exhalation longer than the inhalation? Is there a brief pause at the top and the bottom? Is it effortful or effortless? Begin to notice more sounds in the room, feel sensation return to your body and extremities, and slowly open your eyes when you're ready.

1. What was that experience like for you?

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2. What did you notice?

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It takes time to become adept at noticing our thoughts. Even people who have meditated for years can find themselves far away from the present moment lost in rumination. However, each time we practice disengaging from a distracting thought, we continue to groove those neuropathways of noticing our thoughts and making the choice to let them go. This small act of conscious, intentional living returns us to our present experience. Subsequently, we feel more relaxed and at ease because we can more fully enjoy what we are doing instead of worrying about what we did or what we should do in the future.

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## EXERCISE: TUNING IN TO YOUR EMOTIONS

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Just as with your thoughts, setting aside time to intentionally pay attention to your emotions will help you become more consistently attuned to them as they are happening. The following exercise can help you notice the different sensations your body may produce with contrasting emotions.

- Find a comfortable position, either seated or lying down. Close your eyes, and start by taking a few full, deep breaths, all the way in, and all the way out.
- When you're ready, allow your breath to return to its normal pace and rhythm, and notice the quality of it. Is the exhalation longer than the inhalation? Is there a brief pause at the top or the bottom? Is it effortful or effortless?
- At this point there is no need to change it; simply notice the slow and relaxed inhale followed by an easy and relaxed exhale.
- As you sit here with your breath, now imagine a recent situation where you had troubling falling asleep. It could be following a heated argument with a loved one, continuing to solve a challenging problem at work, or coming back from an overseas trip and your days and nights are all jumbled up. When the specific memory comes to mind, notice the different thoughts, feelings, and sensations that arise. Thoughts of where you were and feelings of frustration or anger may bubble to the surface.
- As they do, notice any sensations in your body as well. You may feel tightness in your shoulders or chest; your heart rate may quicken; or you may feel flushed and warm. As you draw your attention to your emotions and sensations, see if you can observe them as they are and without judgment. Notice how your body and mind react to these emotions as you continue to sit in the experience.

- On your next exhalation, blow out that experience. Take another deep inhalation and allow the thoughts, emotions, and sensations of that memory to fade as you exhale slowly.
- As your breath returns to its normal pace and rhythm, now bring to mind the memory of a time when you slept well. When the specific memory comes to mind, notice the different thoughts, feelings, and sensations that arise. Thoughts of where you were and feelings of perhaps peacefulness or happiness may bubble to the surface.
- As they do, notice any sensations in your body as well. This time you may feel relaxation or lightness in your shoulders; your heart rate may quicken or slow; or you may find yourself smiling. As you draw your attention to your emotions and sensations, see if you can observe them as they are, again without judgment. Notice how your body and mind react to these emotions as you continue to sit in the experience.
- Finally, on your next exhalation, blow out that experience. Take another deep inhalation and allow the thoughts, emotions, and sensations of that memory to fade as you exhale slowly. As your breath returns to its normal pace and rhythm, once again note the quality of it. Begin to notice more sounds in the room, feel sensation return to your body and extremities, and slowly open your eyes when you're ready.

1. How was that experience for you?

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2. What came up for you?

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3. Did you notice any changes in your breath or body when you went between the two memories?

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As you continue to heighten your sensitivity to your emotions and the physiological responses they elicit in your body, you can acknowledge them and choose whether you want to intensify them or allow them to gently pass. Just like with your thoughts, each time you recognize an emotion and decide to continue following it or to let it go the likelihood that you will be able to recognize it again increases. With practice, you will become aware of these sensations closer to the triggering event and be able to make that choice earlier. The sooner you can recognize an emotion that may impede your sleep, the more effectively you will be able to employ this practice as part of your early warning system for sleeplessness.

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## EXERCISE: WHAT BEHAVIORS IMPACT MY SLEEP?

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List what activities you do before falling asleep and after waking up.  
After completing your list, follow the directions to the right.

**Bed Time** - What I do before falling asleep:

### Bed Time:

Circle items that may be activating (exercising, sending emails, reading an exciting novel, scrolling through social media, etc).

- Place a “-” next to the activities with bright lights or screens
- Place a “Δ” next to the activities you are doing in bed
- Place a “+” next to activities that are non-work, don’t involve screen time, outside your bedroom, or relaxing

### Wake Time:

- Place a Δ if you are using the snooze button or lying in bed for longer than 30 minutes
- Place a + next to activities that help you start your day (meditating, exercising, eating breakfast, getting exposure to bright light, etc.)
- Any interesting patterns?

**Wake Time** - What I do after waking up:

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## EXERCISE: WHAT IS THE IMPACT OF MY SLEEP?

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How does my sleep impact me?

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How does my sleep impact my sleep?

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Is there anything I want to change about my sleep?

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1. Any interesting patterns?

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2. Any insights or surprises?

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If you're finding yourself coming to some quick conclusions or resistance, consider shifting your approach to one that starts with curiosity and without judgment. For me, it was moving from "I've always slept in on weekends so there's no need to change that now" to "How interesting that I've always slept in. I wonder why that is?" In mindfulness, this attitude is called *beginner's mind*, in which you try to approach situations, even seemingly mundane or routine ones, as novel and worthy of your full attention. In relation to sleep, this attitude allows us to remove preconceived ideas we may hold that can limit our perspective and evaluate our current sleep habits with fresh eyes.

## EXERCISE: HOW MINDFUL IS MY SLEEP ENVIRONMENT?

Circle the answers that best describe your sleep environment on a typical night.

### MY BED

Do I use my bed just for sleep and sex?	Yes	Sometimes	No
Do I leave my work out of my bed?	Yes	Sometimes	No
Do I leave devices out of my bed?	Yes	Sometimes	No
Do I lounge outside of my bed?	Yes	Sometimes	No
Is my bedding comfortable?	Yes	Sometimes	No
Is my mattress comfortable?	Yes	Sometimes	No
Do I make my bed?	Yes	Sometimes	No

### MY BEDROOM

Do I leave my devices out of the bedroom?	Yes	Sometimes	No
Do I silence my devices when I sleep?	Yes	Sometimes	No

Do I work outside of my bedroom?	Yes	Sometimes	No
Is the temperature cool enough to fall asleep?	Yes	Sometimes	No
Is my bedroom quiet enough to fall asleep?	Yes	Sometimes	No
Is my room dark and free of bright light?	Yes	Sometimes	No
Is my bedroom clean and free of clutter?	Yes	Sometimes	No

1. Circle the three environmental factors that have the most detrimental impact on your sleep.
2. Make a star by the three that are the easiest for you to address.
3. Any patterns, insights, or surprises?

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Undeniably, as the business of life accelerates, even our sanctuary can get neglected, so it is helpful to periodically reevaluate. If you can make your room comfortable, cool, quiet, and dark, you're on your way to making a sleep-friendly space. Making adjustments to all arenas at once can be daunting. If it feels overwhelming to implement all of these changes at once, pick one that feels the most doable and slowly incorporate the rest of the suggestions at your own pace.

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## EXERCISE: MY NATURAL SLEEP WINDOW

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### Rise Time

If you didn't have any pressures from the outside world, when would you naturally wake up and get out of bed?

\_\_\_\_:\_\_\_\_\_

What time are you currently getting out of bed?

\_\_\_\_:\_\_\_\_\_

Time difference between natural and current time:

\_\_\_\_ hrs

### Bed Time

If you didn't have any pressures from the outside world, when would you naturally feel sleepy enough to fall asleep within 30 min?

\_\_\_\_:\_\_\_\_\_

What time are you currently going to bed?

\_\_\_\_:\_\_\_\_\_

Time difference between natural and current time:

\_\_\_\_ hrs

### Circadian Type

I naturally identify as:      Morning Lark      Neutral      Night Owl

My sleep log shows:      Morning Lark      Neutral      Night Owl

My work schedule shows:      Morning Lark      Neutral      Night Owl

### Sleep Schedule Gap

Taking a look at your bed and wake times above, how closely does your *current* sleep schedule align with your *natural* sleep schedule?

Rise Time:	Within 1 hrs <i>Healthy</i>	Within 2 hrs <i>Variable</i>	More than 2 hrs <i>Unhealthy</i>
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Bed Time:	Within 1 hr <i>Healthy</i>	Within 2 hr <i>Variable</i>	More than 2 hrs <i>Unhealthy</i>
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Do I need to shift my schedule?    Yes    No

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## EXERCISE: CALCULATING YOUR SLEEP SCHEDULE

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1. Find your new TIB:

Your Optimal Amount of Sleep \_\_\_\_\_ hrs

+ 30 min

New Time in Bed (TIB)\*: = \_\_\_\_\_ hrs

2. Set your new “anchor” time to start your day:

**New Rise Time (RT):** \_\_\_\_\_:\_\_\_\_\_

3. Calculate your new bed time:

Input New Time in Bed (TIB): - \_\_\_\_\_ hrs

**New Bed Time (RT-TIB):** = \_\_\_\_\_:\_\_\_\_\_

\*From your sleep log

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## EXERCISE: BUILDING MY ROUTINE

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This brief exercise will help you illuminate your current morning, daytime, and bedtime routines. Take a few moments to identify how many strategies you currently use.

**New Wake Time**      \_\_\_\_:\_\_\_\_

### Morning Routine

Bright Light	None	Sometimes	Daily
Physical Movement	None	Sometimes	Daily
Breakfast	None	Sometimes	Daily
Social	None	Sometimes	Daily
_____	None	Sometimes	Daily

What I'm doing well:

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What I'd like to do better:

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### Daytime Routine

Work Sprints	None	Sometimes	Daily
Regular Breaks	None	Sometimes	Daily
Lunch	None	Sometimes	Daily
Nap	None	Sometimes	Daily
Exercise	None	Sometimes	Daily
Dinner	None	Sometimes	Daily
_____	None	Sometimes	Daily

What I'm doing well:

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What I'd like to do better:

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What I'm doing well:

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What I'd like to do better:

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**Bedtime Routine**

Nighttime Alarm	None	Sometimes	Daily
Dim Lights	None	Sometimes	Daily
No Screens	None	Sometimes	Daily
Relaxing Activity	None	Sometimes	Daily
Cleansing Rituals	None	Sometimes	Daily
Next Day Prep	None	Sometimes	Daily
_____	None	Sometimes	Daily

**New Bed Time**

\_\_\_\_:\_\_\_\_\_

Adding one strategy that you are not currently doing "Daily" during each time of day will help your body more clearly differentiate wake from sleep. Developing these clear distinctions are powerful tools that can benefit anyone, from those with minor sleep disruptions to those who suffer from insomnia.

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## EXERCISE: WORRY TIME

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Write down your various thoughts and worries in one column. Once you have some of them listed, look at each one and write what, if anything, you can do about it in the adjacent column. If you cannot think of anything, write, “Nothing at the moment, and I’ll take a look tomorrow.” Then so on. After you write something down for each thought or worry, fold the piece of paper and set it aside. This physical action helps your mind set these thoughts aside so you can stop thinking about them. If one of those thoughts pops into your head at bedtime, reminding yourself that you already took care of it during your worry time will help your mind relax and let it go. Here’s an example you can use:

### Worries

What I’m worried about

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### Next Step

What I can do about it

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## EXERCISE: WHY I WANT BETTER SLEEP

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1. I believe if I can improve my sleep, my life will be:

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2. I believe if I can improve my sleep, my physical health will be:

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3. I believe if I can improve my sleep, my work will be:

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4. I believe if I can improve my sleep, my relationships will be:

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## EXERCISE: MY SLEEP GOALS

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My goals for the next 8 weeks:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

My goal for each week:

Week 1: \_\_\_\_\_

\_\_\_\_\_

Week 2: \_\_\_\_\_

\_\_\_\_\_

Week 3: \_\_\_\_\_

\_\_\_\_\_

Week 4: \_\_\_\_\_

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Week 5: \_\_\_\_\_

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Week 6: \_\_\_\_\_

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Week 7: \_\_\_\_\_

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Week 8: \_\_\_\_\_

\_\_\_\_\_

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## EXERCISE: MY WEEKLY SLEEP PLAN

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Next, set incremental goals for each week. Weekly goals break your challenge goals into manageable, achievable pieces. Be specific on how each week builds on the last. They should be reflective of what you can realistically achieve over the course of a week. When you move into the implementation portion, you may want to revisit and adjust your weekly goals based on your progress.

### WEEK ONE

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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My potential roadblocks are:

- 1.
- 2.
- 3.

I'll navigate around it by:

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK TWO

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK THREE

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My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK FOUR

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My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK FIVE

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK SIX

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK SEVEN

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## WEEK EIGHT

\_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

My sleep goal for this week is:

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**My potential roadblocks are:**

- 1.
- 2.
- 3.

**I'll navigate around it by:**

- 1.
- 2.
- 3.

My support for this week is:

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My reward for this week is:

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## EXERCISE: MY EXERCISE PRACTICE

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When using exercise to anchor your sleep, it is often very helpful to do at least a little amount of exercise in the morning shortly after you wake up and during your midafternoon dip to help you get through the day without the need for coffee. As you add exercise to your daily routine, make sure to track the time (date, time of day) and quality (amount, intensity) so you can see the impact it has on your sleep.

After your first week of incorporating exercise into your routine, take a moment to review your progress:

	Type of Exercise (cardio, resistance/ strength)	Amount	Time of Day	Intensity (mild, moderate, vigorous)	Number of Days
Week 1					
Week 2					
Week 3					

Did you notice any differences in how you slept?

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Did you notice any differences in your midday energy?

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How would you like to adjust the exercise in terms of amount, timing, or intensity?

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Answering these prompts will then help you refine your exercise practice for the following weeks.

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## EXERCISE: MY MINDFULNESS PRACTICE

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The one mindfulness practice I want to start is:

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Time of day I will practice:

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Duration of my practice:

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Location where I will practice:

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Number of days I will practice each week:

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## EXERCISE: MY SLEEP STORY 2.0

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1. What is my new relationship with sleep?  
Draw the image that comes to mind.

2. How has my sleep story changed? What am I doing differently?

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3. What were the top three strategies that helped me?

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4. What will I do in the future when my sleep gets knocked offline?

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## EXERCISE: MY RECOVERY PLAN

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1. What are my warning signs that my sleep is straying off course?

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2. When I identify one or more signs, how much leeway will I give myself before I intervene?

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3. Whom will I accept feedback from?

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The great thing about life, and our sleep, is that it will continue to ebb and flow. No matter how hard we try to maintain healthy sleep practices every night, our sleep will eventually fluctuate. Sleep is a lifelong practice. Taking an attitude of acceptance, both when it is steady and when it is disrupted, will allow you to acknowledge these differences as they arise and help you recover quicker.

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