Sleep Menu of Options — Instructions

This activity is collaborative between the exercise professional/coach and client. The purpose of this activity is to pick a starting point from a menu of options based on how important each activity is to the client, as well as the client's goals, interests, values and level of confidence. Working together on this should feel like a meaningful conversation between the professional and the client.

STEP 1: Ask the client to choose a sleep option (pick at least one option and no more than three to start).

STEP 2: Work with your client to determine how frequently they will do the activity.

STEP 3*: Use a scaling question to help your client to determine how important the activity is for them. If the importance value is below a 6, discuss the idea of picking a different activity that might feel more important. In the importance field, include not only the numeric score but also the client's "why"—why this behavior change is important. This will be the client voicing reasons for change.

STEP 4*: Use a scaling question to help your client determine how confident they are in achieving the goal they set. If confidence is below a 6, discuss how the goal or activity might be shifted to raise confidence. In the confidence field, include not only the numeric score but also the strengths and skill the client voices for why they feel confident.

STEP 5: Turn the filled-out chart into a SMART goal and have your client bring the sheet home with them to serve as a reminder.

STEP 6: Ask, "What do you need to start doing to make it happen?" Work with your client to determine what resources, equipment or information they might need to get started. This is also a good time to discuss what barriers may get in the way and to plan ahead.

* The client's response and the trainer's/coach's follow-up question (e.g., "Why did you choose 6 and not 4?") ensure that goals strike the right balance between being motivating and feasible. From this process of transforming abstract ideas into clearly defined goals that are congruent with what most matters to the client, a specific and realistic plan of action can begin to emerge.

© All rights reserved.

Sleep Menu of Options — Client Worksheet

STEP 1: Options	**STEP 2:** Frequency (days/week)	**STEP 3:** Importance (0–10)	**STEP 4:** Confidence (0–10)
Schedule sleep as part of your routine			
Be more physically active			
Prioritize a stable sleep time			
Exercise more			
Avoid bright light in the evening			
Seek out bright light in the morning			
Minimize your stress levels			
Perform yoga			
Practice deep breathing			
Meditate			
Lower the temperature in your bedroom			
Use a white noise machine			
If after 20 minutes you are not asleep, do something else calming before trying to fall asleep again			
Calm yourself for 30 minutes before trying to sleep			
Unplug from electronics for 30–60 minutes before bed			
Dim your lights			
Upgrade your bedding			
Block out light			
Limit in-bed activity to sleep			
Avoid afternoon caffeine			
Other:			

© All rights reserved.

STEP 5: What is your **SMART** goal?

Specific:

Measurable:

Attainable:

Relevant:

Time-bound:

STEP 6: How will you make it happen?