

Morning & Bedtime Routine Builder

WORKSHEET: [From The Dorm's "A Stronger Return to College & Campus Life: A Guide"](#)

Sleep isn't a luxury, it's a biological requirement for healthy brain development, emotional regulation, and academic performance! Research shows that young adults need 7–9 hours of sleep per night for optimal cognitive, physical, and mental health.

Let's take a moment and design a morning and nightly routine that will help you optimize your sleep!

PART 1: CURRENT HABITS CHECK-IN

EVENING

What time do you usually get into bed? _____

What activities do you typically do before bed? _____

Do you use screens (phone, TV, computer) within an hour of bedtime? ☐ Yes ☐ No

Do you consume caffeine or alcohol in the evening? ☐ Yes ☐ No

MORNING

What time do you usually wake up? _____

How do you usually feel when you wake up? _____

What is your first activity after waking up? _____

PART 2: IDEAL SLEEP ROUTINE GOALS

BEDTIME GOAL

Ideal bedtime: _____

Target hours of sleep: _____

Alarm set for: _____

MORNING GOAL

Ideal wake-up time: _____

Desired feeling in the morning (energized, calm, refreshed, etc.): _____

PART 3: NIGHTLY WIND-DOWN PLAN

CHOOSE 2-3 CALMING ACTIVITIES YOU'LL DO EACH NIGHT:

- ☐ Reading a book
- ☐ Journaling / gratitude list
- ☐ Stretching or light yoga
- ☐ Warm shower / bath
- ☐ Meditation / deep breathing
- ☐ Other: _____

ENVIRONMENT SETUP:

- ☐ Lower lights an hour before bed
- ☐ Keep room cool and dark
- ☐ Silence phone / set "Do Not Disturb"
- ☐ Other: _____

MY NEW WIND-DOWN ROUTINE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PART 4: MORNING ROUTINE PLAN

CHOOSE 2-3 ENERGIZING ACTIVITIES FOR MORNINGS:

- ☐ Drink water
- ☐ Morning walk / light exercise
- ☐ Open blinds for sunlight
- ☐ Meditation / grounding practice
- ☐ Healthy breakfast
- ☐ Other: _____

MY NEW MORNING ROUTINE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PART 5: BARRIERS & SOLUTIONS

Why This Matters:

Naming barriers helps you anticipate hurdles before they happen. When you recognize what might get in the way, you can plan simple solutions so one setback doesn't derail your whole routine.

Common Barriers People Face

- Scrolling on phone in bed.
- Staying up late to finish work.
- Oversleeping and skipping breakfast.
- Hitting snooze multiple times.
- Feeling unmotivated in the morning.

FILL IN YOUR OWN:

Barrier #1: _____

Solution: _____

Barrier #2: _____

Solution: _____

Barrier #3: _____

Solution: _____

PART 6: REFLECTION & COMMITMENT

Why This Matters:

Writing down your intention helps turn your routine into action. Committing to one small change makes it easier to stay consistent and build momentum.

MY COMMITMENT STATEMENT

One change I will commit to this week for better sleep is: _____

How I expect to feel if I follow through: _____

These resources are offered by The Dorm, a mission-driven mental health treatment program helping young adults build lives of purpose and independence.