Sleep in 7 Days

One small evening step a day. A printable planner from Good & Steady.

This is a practical organizer, not a sleep program. Each day has one ordinary step. Skip a day, choose the shorter option, or stop — nothing here is a score or a streak. Tick the box when you did it, and write a line about what you noticed.

Day	Today's step	Your note
1 ☐	**Look at your room.** Write down one light source and one sound source you notice. Mark whether you can change it. "Leave alone" is a fine answer. Keep whatever light you need to use the space.	_____ _____
2 ☐	**Decide what your phone still needs to do.** Calls? An alarm? Pick a place for it outside the bed that keeps those working, then check the alarm from that place. Use your device maker's own guide for settings.	_____ _____
3 ☐	**Put one thing ready for tomorrow.** Keys, a document, clothes you already chose. One item only — not a full tidy-up.	_____ _____
4 ☐	**Leave a stopping note.** If work is unfinished, write where you will restart ("Next: check the last paragraph"), leave the materials where you will find them, and stop for the evening.	_____ _____
5 ☐	**Leave room for a quiet pause.** Something familiar you enjoy, like reading — or nothing at all. No target, nothing to finish.	_____ _____
6 ☐	**If you share the room, name one moment.** A late arrival, a lamp, a call, an early alarm. Write what each of you needs and one arrangement you both accept. If you sleep alone, repeat the step you liked best.	_____ _____
7 ☐	**Look back.** Which step was useful? Which became extra work? Keep it, change it, or drop it.	_____ _____

Quiet, dark, cool bedrooms and a dim night-light if needed are part of general U.S. National Heart, Lung, and Blood Institute (NHLBI) sleep guidance. This planner does not show that any step improves your sleep.

Week review

Keep	Change	Drop

Two real-life options

Usual version: put my work materials together and leave a note about the next task.
Shorter option: find the one document I need tomorrow.
Leave out: tidying the rest of the room.

The shorter option is a different amount of preparation, not a failed attempt at the usual one.

If sleep is a regular problem

This planner cannot tell you why you wake up or whether you need treatment. The U.S. CDC advises talking with a healthcare provider about regular sleep problems. You can write one question to bring:

Where these steps come from

Each day follows a free guide on goodandsteady.com:
Day 1 — A Bedroom Light and Noise Check
Day 2 — Keep Your Phone Out of Bed: A Setup Checklist for Calls and Alarms
Days 3–5 — Build Your Own Bedtime Checklist
Day 6 — A Shared Bedroom Checklist for Different Evening Routines

Sources: NHLBI, Healthy Sleep Habits (nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits); CDC, About Sleep (cdc.gov/sleep/about/); Apple Focus guide and Google Android Modes guide for phone settings.

This is general information, not medical advice, and not a validated sleep treatment. Good & Steady · goodandsteady.com