



Sleep and Rest Target Setting
Hours of Sleep

I get _____ hours of sleep per night by _____

The benefit to me and others for getting _____ hours of sleep per night is:

The cost to me and others for not getting _____ hours of sleep per night is:

The price I am willing to pay to get _____ hours of sleep per night is:

To get _____ hours of sleep per night, I am willing to change, give-up or add to my life:
