Supportive Sleep Routine Questions

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person's work hours change frequently.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Review preferences and practical barriers around winding down without prescribing sleep treatment.

3. What routine could adapt to this reality?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.