Sleep and Routine Supports - Review journal

Review an attempt at sleep and routine supports and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Jordan works changing shifts and chooses a brief check-in after waking.

Use an ordinary or fictional example, with a clinician when appropriate. Routine planning must account for health, work, and access.

Practice task

Identify one feasible anchor in the day and a backup for disrupted schedules without prescribing sleep or medical treatment.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What routine is flexible enough to survive a difficult day? My optional adjustment or support request:

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A15-5