

Sleep

One Sleep Support That Fits My Life

Adults | 10 to 15 minutes

Sleep happens within a life that may include work, caregiving, noise, discomfort, or uncertainty. A useful plan starts with those conditions. You do not need perfect tracking or a perfect evening to identify one support worth considering.

Recall one recent night and the following day. Use rough descriptions rather than repeated clock checking.

Look at the whole setting

Note sleep opportunity, interruptions, environment, and daytime demands. Distinguish what you can change from a constraint that requires help or accommodation.

Choose the right kind of step

Consider a modest comfort adjustment, a short wind-down activity, or a healthcare question. Persistent difficulties, breathing concerns, or major daytime sleepiness deserve assessment rather than more rules.

1. What most affected my opportunity or comfort for sleep?**2. How did the following day feel and function?****3. Which factor is adjustable, and which needs support?****4. What single change or care question will I review next?****Clinical use and adaptation**

Do not prescribe sleep restriction, medications, supplements, or light therapy. Account for shifts, caregiving, disability, and housing. Avoid hazardous activity when dangerously sleepy and refer persistent or concerning symptoms appropriately.