

SLEEP P³ERFORMANCE SETTER



THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR **SLEEP QUALITY** 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Resting Sleep For Energized and Productive Days

FOCUS

WHAT?

WEALTH

HEALTH

RELATIONSHIPS

CAREER/BUSINESS

EXPERIENCES

CHOOSE YOUR FOCUS

HOW ARE YOU FEELING?

KPI
(Key Performance Indicator)

SLEEP QUALITY

1 2 3 4 5 6 7 8 9 10

WELL-BEING

1 2 3 4 5 6 7 8 9 10

PRO-DUCTIVITY

1 2 3 4 5 6 7 8 9 10

DEFINE YOUR DESTINATION

SLEEP DURATION

HOURS:

INTERRUPTIONS

HOW OFTEN?:

TIME TO PRIME

HOW LONG?:

BEDTIME

TIME:

WAKE UP

TIME:

WIND DOWN TIME

HOW LONG?:

REGULARITY

WEEKDAYS AND WEEKENDS ☐ YES ☐ NO

WORK

LIFE

SLEEP

sleep rituals

structure day

1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
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ACHIEVEMENT DATE

KPI

ACCOUNTABILITY

READ ME

I am so thankful...

WRITE DOWN YOUR GOAL

YOUR SLEEP AND PERFORMANCE GOAL

RELAX VISUALIZE BE THANKFUL

I am so thankful...

WRITE DOWN YOUR GOAL

WHERE ARE YOU NOW?

TIME TO FALL ASLEEP

5 10 15 30 1 2 3

BAD SLEEP SINCE

TIMEFRAME:

INTERRUPTIONS

HOW OFTEN?:

SLEEP DURATION

HOURS:

REGULARITY

YES NO

WEEKDAYS AND WEEKENDS ☐ YES ☐ NO

BIORHYTHM

☐ ☐ ☐

DAILY ALCOHOL? YES NO ☐ ☐

COFFEE AFTER 2 PM? YES NO ☐ ☐

LAST MEAL 3 HOURS BEFORE BED? YES NO ☐ ☐

SLEEP IRRITATORS

☐ FEARS ☐ STRESS

☐ WORRIES ☐ RACING MIND

☐ ANGER ☐

SET YOUR SLEEP & PERFORMANCE GOALS WITH **CONFIDENCE** - BOOK YOUR **1:1 SLEEP IMPROVEMENT CALL** TODAY - [HTTPS://ENERGY.SLEEPTRUST.EU/PTS-BOOK-A-CALL](https://energy.sleeptrust.eu/pts-book-a-call)



DATE _____


- ## NOTES FOR THIS WEEK

[illegible]

<https://bit.ly/3vRuHL>

Group Coaching



 Every Saturday



🕒 3:00pm (UTC)



 Zoom Meeting