

You can look back at your baseline and where your sleep was when you started. If possible, try to set realistic goals. For example, if you really want to sleep for eight hours but are only sleeping for four hours at present, then would you see progress if you were sleeping six and a half or seven hours a night?

Rating my goals



My goals for feeling better

Goal 1:

.....

..... Today's date ___/___/___

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all	Occasionally	Often	Any time			

One month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Goal 2:

.....

.....Today's date __/__/__

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

18 *How to Beat Insomnia and Sleep Problems*

One month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
<hr/>						
Not at all	Occasionally		Often		Any time	

Two month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
<hr/>						
Not at all	Occasionally		Often		Any time	

Three month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
<hr/>						
Not at all	Occasionally		Often		Any time	

Goal 3:

.....

..... Today's date ___/___/___

I can do this now (circle a number):

0	1	2	3	4	5	6
<hr/>						
Not at all	Occasionally		Often		Any time	

One month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date __/__/__)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time