

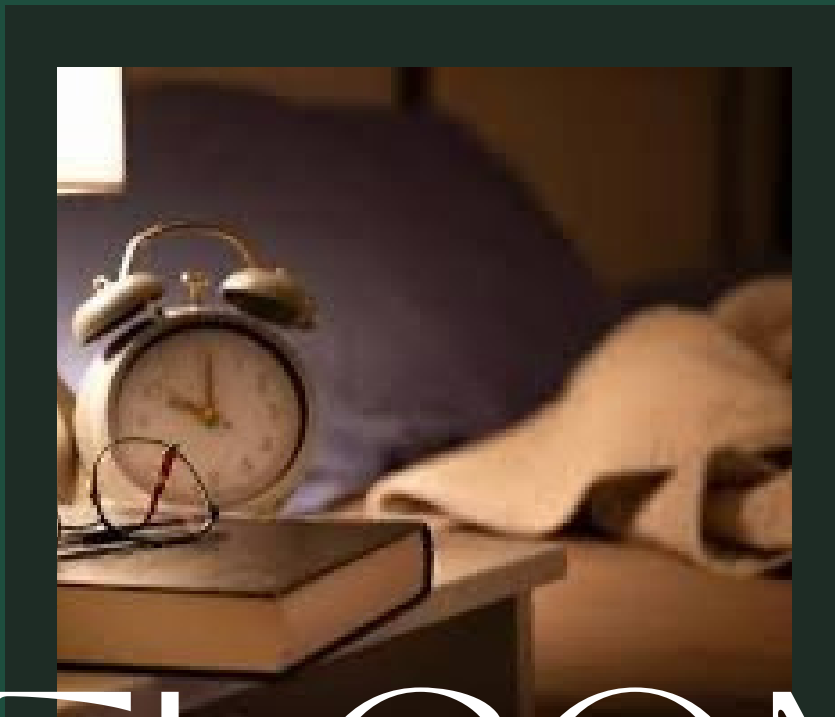
SLEEP SUPPORT WORKBOOK



A 7- Night Reset Plan
to gently reset your sleep in early sobriety

Back on track
 Recovery

backontrackrecovery.co.uk



WELCOME

INTRODUCTION

One of the biggest challenges in early sobriety is sleep- The body and mind need time to adjust, and this often results in nights of restlessness, vivid dreams and waking up through the night. It can feel frustrating - but it's also a sign of healing. Sleep is part of an emotional balance. By developing small, healthy habits around sleep, your body will restore, sleep will improve and with it comes greater clarity, stability and resilience in your sobriety. Read through this guide for support...

NIGHT TIME AFFIRMATIONS



Affirmations can be powerful. These are short, positive statements you repeat to yourself to challenge negative thinking and build a healthier mindset. When practiced consistently - Affirmations can shift the way you see yourself, and your recovery:

*“I allow myself to rest and recharge” “ My
body is healing, my mind is calming” “
Each night I sleep more peacefully” “ I am
strong, I am in control“*

SAY 3 of these before bed

EVENING WIND DOWN CHECKLIST

Use each day to cue your brain - Its time to rest.
You can jot these down in your journal...

1. No screen time 1 hour before bed
2. A mug of herbal tea or warm water
3. Dim lightening or candles
4. Journaling or gratitude list
5. Gentle stretches & breathwork
6. Read or listen to calming music
7. Guided Meditation
8. Use a calming scent (lavender, rose or chamomile)

7 NIGHT

Sleep Tracker

WHY IS TRACKING IMPORTANT?

"Each night is a chance to reset. Rest is where your healing begins."

TASK: Create a "sleep tracker table" in your journal/ an A4 Book. Here is an example:

SLEEP CHECK-IN

NIGHT	SLEEP QUALITY 1-5	DID I WIND DOWN Y/N	WHAT HELPED ME?
1			
2			
3			
4			
5			
6			
7			

Sleep is
your bodies
way of
rebuilding
the strength
your spirit
has chosen.



Need more insight & support?

Contact Sharon at Back on Track Recovery
www.backontrackrecovery.co.uk



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