

Bed Activity Audit

Thinking about the past week or so, which of these activities have you done in bed?

- Sleeping
- Sex
- Nursing
- Comforting a baby or child
- Watching TV
- Watching movies
- Playing video games
- Using social media (TikTok, Instagram, or otherwise)
- Consuming news media (whether newspaper, TV, or online)
- Listening to podcasts
- Using a phone
- Using a laptop
- Reading alone
- Reading with a child or the whole family

- Eating breakfast
- Eating snacks
- Texting
- Making phone calls
- Working
- Jumping on the bed, roughhousing, or other physical play
- Stretching
- Meditating
- Relaxing
- Worrying
- Making lists
- Checking the time
- Trying to go to sleep

If there are any **other activities** you do in bed, please write them in here:

Other activity 1

Other activity 2

Other activity 3

Other activity 4

Other activity 5

Now tally up the number of activities you reported above (other than sleeping).

Write your non-sleep bed activity total here:

If you counted 3 or fewer: That's pretty low, so it looks like you're doing pretty well with this. Nice work limiting the number of activities you do in bed!

If you counted 4 or more: You can work on reducing this number over time. Think about which of these activities could be moved somewhere else (not in bed). The lower your number of non-sleep activities in bed, the easier sleeping will be.