

# 6 Steps to Better Sleep

*Course Completion Commitment Document* - complete this form and return it to me - when you write down your intentions, you are far more likely to stick to them.

**NAME:**

**EMAIL TO:**

melissa@betterbrainhealth.info

**I want to improve my sleep because.....**

**My new sleep hygiene routine (4-6 steps) will be: (Include times - be precise.) I will do this for a minimum of 30 days.**

**Changes I can make to my bedroom environment are:**