

## EXAMPLE OF ACTION PLAN

CHOSEN STRATEGY	START (date)	RESULTS Yes (✓) No (✗)
<p><b>Strategy #7:</b> Choose the right time for daytime sleep. Option 2 : Sleep before going to work : from 1 to 9 p.m.</p> <p><b>Personal plan:</b> I start working at 11 p.m. and I want to take it easy before leaving home. I plan to take a nap from 8 to 9 p.m. in the evening before my first night shift.</p> <p><b>Adjustments to make:</b> I need to prepare lunch earlier if I want to be in bed by 1 p.m. Ask the children to wash the dishes while I do my bedtime routine.</p>	<p>January 28</p> <p>February 11</p>	<p>✓ It works !</p>
<p><b>Strategy #10:</b> use caffeine early in the night shift.</p> <p><b>Personal plan:</b> : I will have a cup of coffee when I arrive at work, and another one at 2 a.m.</p> <p><b>Adjustments to make:</b> Coffee at night makes me nauseous. Try tea instead.</p>	<p>January 28</p>	<p>X Too much coffee for me...</p>
<p><b>Strategy #16:</b> Increase physical activity.</p> <p><b>Personal plan:</b> I will take a walk in the morning, after the children have left for school. I will take advantage of the morning sunlight.</p> <p><b>Adjustments to make:</b> It is too much for me to go for a walk everyday, mostly when the weather is bad. Subscribe to a gym membership to have access to a wider range of activities.</p>	<p>January 28</p>	<p>✓ Ok 2 times a week. Adjust to do a little more.</p>
<p><b>Strategy #___ :</b></p> <p><b>Personal plan:</b></p> <p><b>Adjustments to make:</b></p>		

Consult the checklist of the proposed strategies. It is available in the Resources section of Unit 4 and on the tutorial home page.

Your notebooks can be very useful to help you personalize your chosen strategies.

The sleep diaries available in the Resources section (or those that you will design yourself) could be used to visualize the strategies as you try them, and will help you evaluate their usefulness.