Sleep Routine Restart Card

A flexible worksheet for returning to familiar cues after travel or illness. Use current circumstances, not a fixed recovery deadline.

1 | Current starting point

Main change (travel / illness / other): _____

Current schedule or obligations: _____

Symptoms or limitations to discuss with a clinician: _____

2 | Restore one or two familiar cues

Cue 1: _____

Cue 2: _____

Minimum version on a difficult day: _____

3 | Defer optional demands

Optional steps I can leave out for now: _____

Sleep scores or tracking I can simplify: _____

4 | Check function and safety

Driving / work / caregiving task requiring alertness: _____

Safer alternative or support contact: _____

If too sleepy to drive or do hazardous work safely, stop and use a safer option.

5 | Review without a deadline

Next review trigger or clinician-directed follow-up: _____

One question that needs professional guidance: _____

Educational planning tool only. Does not diagnose illness, certify fitness for work or driving, or prescribe sleep timing, medications, supplements, or jet-lag treatment.