

Sleep Journal



There are many reasons why you aren't getting enough sleep. For the next week, try tracking your habits to help identify why you might not be getting the full 8 hours.

DAY	M	T	W	Th	F	Sa	Su
How many caffeinated drinks did you consume?							
Did you nap today? If yes, what time?							
How many minutes of physical activity did you participate in today?							
Did you use any type of tech before bed?							
What time did you fall asleep?							
What time did you wake up?							

IN A NOTEBOOK, CONSIDER THE FOLLOWING:

- What is your sleeping environment?
- Do you have a pre-bed routine?
- How did you feel in the morning?

