SLEEP LOG

THE IMPORTANCE OF SLEEP

Each morning record how many hours of sleep you had, if you followed a routine before bed, and if you woke up feeling rested. How can you improve your quality and quantity of sleep?

Understand your sleep habits	Total Hours of sleep	Did you follow a routine before bed?	Did you wake up feeling rested?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			