

A GOOD NIGHT'S SLEEP

When we make a sleep routine it is important to see if it is working.

Try your routine for two weeks and track your sleep to see if it works.

After two weeks you can choose to use the routine or make changes to improve it.



My Sleep Tracker

Put an X on the line to show how well you slept each day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5. I had a great night's sleep.	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
4. I slept most of the night.	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
3. I woke up a bit, but I did sleep.	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
2. I slept a bit but woke up a lot.	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
1. I was awake most of the night.	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Notes: Did you stick to your plan? What went well? What didn't go well? Anything else to note?							

