

SLEEP JOURNAL

Use this Sleep Journal so you can track your sleep routine and your everyday mood. It will help you have a guide on the habits that impact your sleep.



	SUN	MON	TUES	WED	THURS	FRI	SAT
COMPLETE IN THE MORNING							
Time you went to bed							
Time you got up							
Hours of sleep							
# of times you woke up last night							
COMPLETE IN THE EVENING							
# of naps taken Ex. 1 Nap - 10 mins							
Caffeine intake Ex. 2 Cups (Last cup at 4:30 pm)							
Length of exercise Ex. Pilates - 30 mins							
Today's mood (0 = horrible, 10 = amazing!)							
COMPLETE THIS AT THE END OF THE WEEK							
Sleep learnings and ways I can improve							

	MON	TUES	WED	THURS	FRI	SAT	SUN
COMPLETE IN THE MORNING							
Time you went to bed							
Time you got up							
Hours of sleep							
# of times you woke up last night							
COMPLETE IN THE EVENING							
# of naps taken Ex. 1 Nap - 10 mins							
Caffeine intake Ex. 2 Cups (Last cup at 4:30 pm)							
Length of exercise Ex. Pilates - 30 mins							
Today's mood (0 = horrible, 10 = amazing!)							
COMPLETE THIS AT THE END OF THE WEEK							
Sleep learnings and ways I can improve							

By doing this exercise, you'll be more mindful of your routine and it can help you to have a better sleep.



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



@themindnation



www.themindnation.com



hello@themindnation.com