



MY SLEEP TRACKER

Track your sleep this week – can you notice your patterns?

| DAYS | BEDTIME | WAKE UP | HOURS SLEPT |
|----------|---------|---------|-------------|
| SUNDAY | | | |
| MONDAY | | | |
| TUESDAY | | | |
| SATURDAY | | | |
| SATURDAY | | | |

REFLECTION QUESTIONS What kept you awake?

- ← Go to bed at the same time each night
- Stay off your phone for 30 mins before bed
- ← Get up at the same time—even on you weekends!

TRY THIS...

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- Stay off your phone for 30 mins before bed
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