



Contents

- 3. My bedtime routine
- 4. Sleep tracker
- 5. Sleep diary
- 67. Coloring and journaling
- 128. Time to reflect

My bedtime routine

Sleep tracker for the month of:

	<i>Hours slept</i>	<i>Alertness</i>	<i>Mood</i>
Monday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Tuesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Wednesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Thursday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Friday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Saturday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Sunday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Monday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Tuesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Wednesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Thursday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Friday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Saturday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Sunday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Monday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Tuesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Wednesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Thursday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Friday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Saturday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Sunday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Monday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Tuesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Wednesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Thursday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Friday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Saturday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5
Sunday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5

Notes:

Sleep Diary

In this section you will find a guided sleep diary.

Complete one diary entry each morning to encourage you to think about your sleep quality for the previous night.

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary – today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Sleep Diary - today's date:

What time did you go to bed last night?

What time did you wake up this morning?

Did you fall asleep easily?

What time did you last have caffeine before you went to bed?

What time did you last eat before bed? What was it?

Did you exercise yesterday?

Did you use a sleep aid to fall asleep?

How many times did you wake up during the night?

How long were you awake for?

What disturbed your sleep?

What did you do while you were awake?

How long were you asleep for altogether?

How do you feel this morning?

Any other thoughts:

Notes

Coloring & Journaling

In this section you will find some mandalas to encourage you to try mindful colouring each night to help you relax before you go to bed.

We have also included a blank dot grid page for you to journal on.

Journaling is a wonderful way to clear your mind at the end of the day. You can write whatever you feel like.

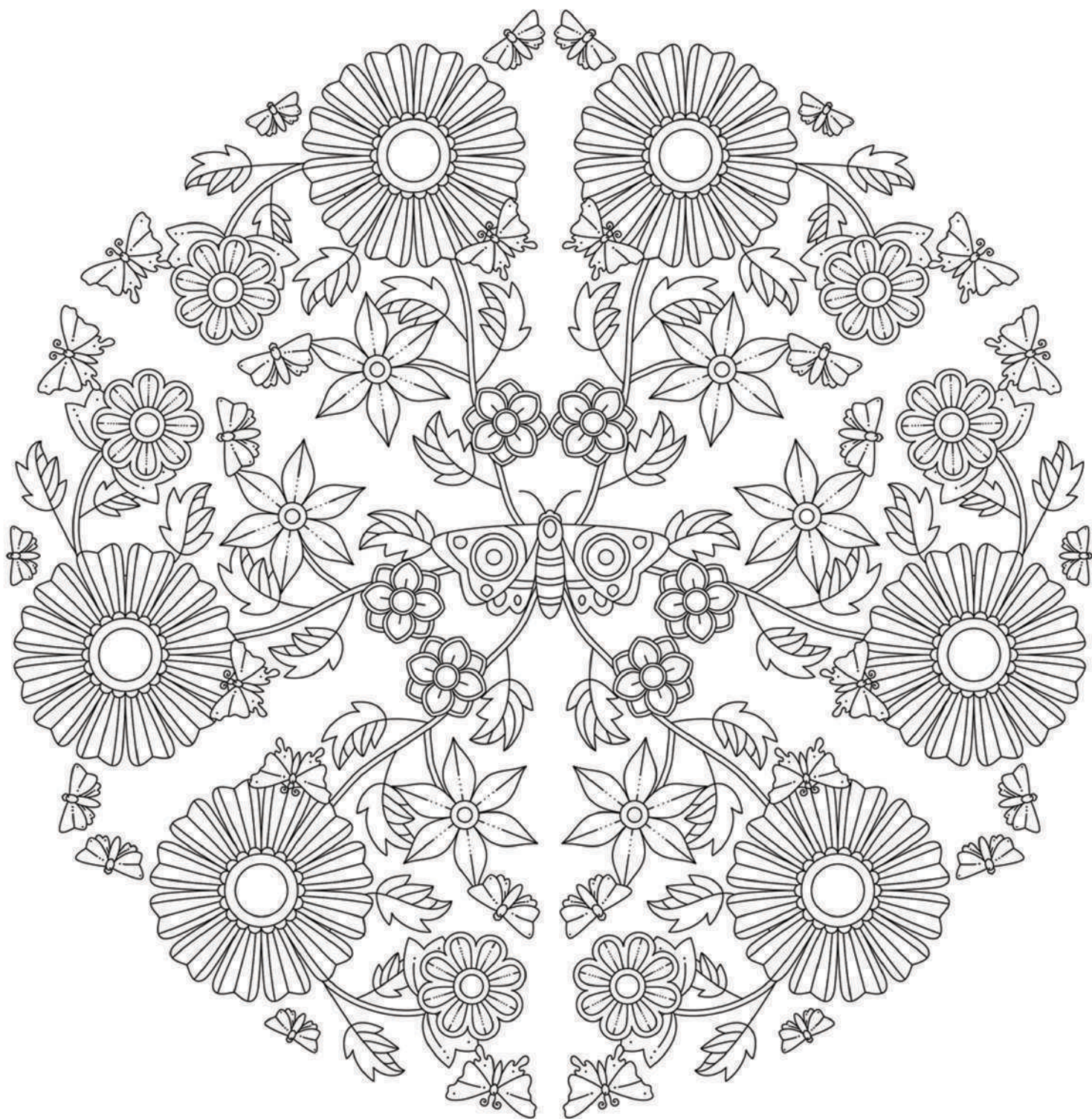
If you need some ideas here are some prompts to try:

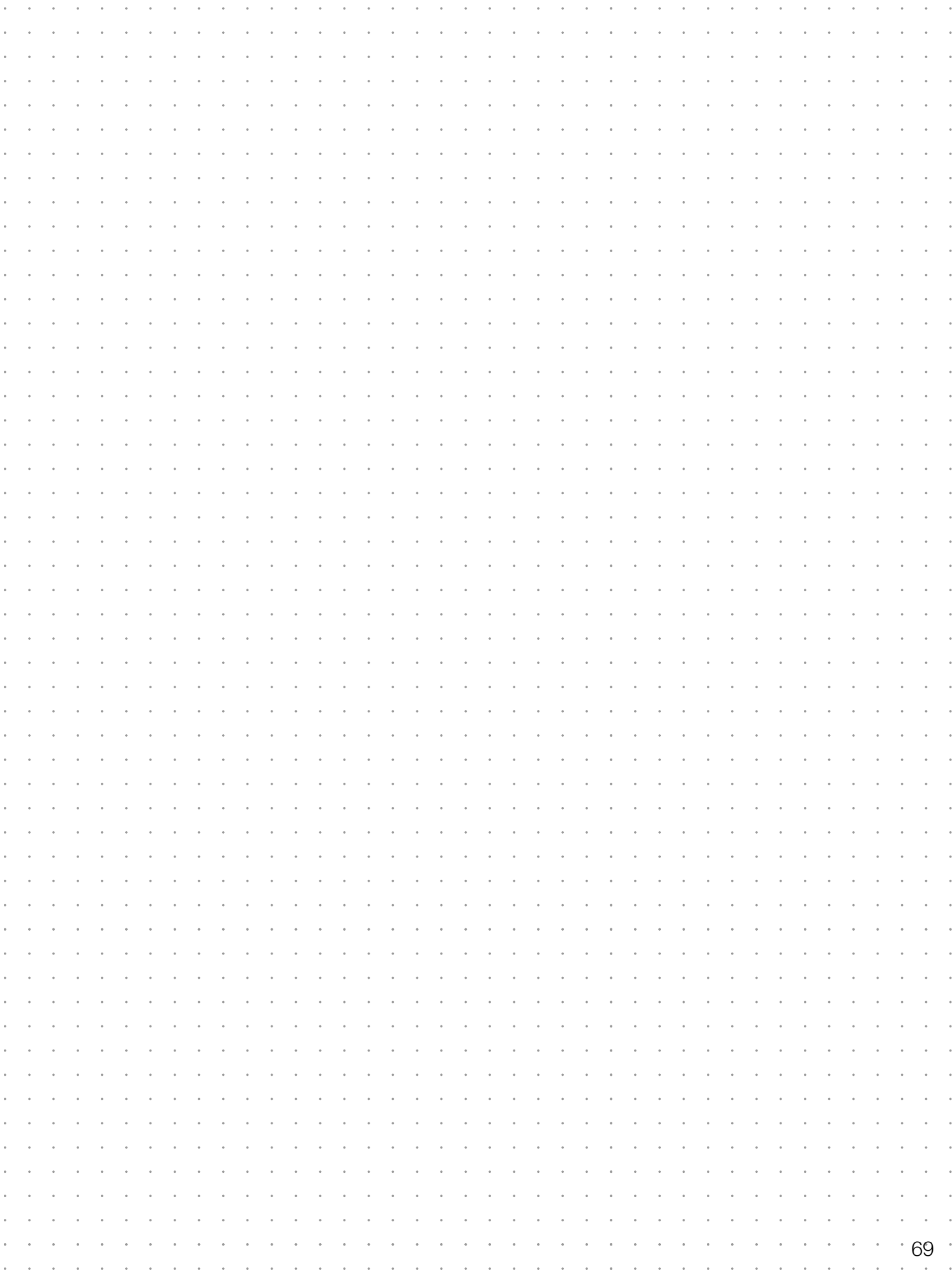
What are you grateful for today?

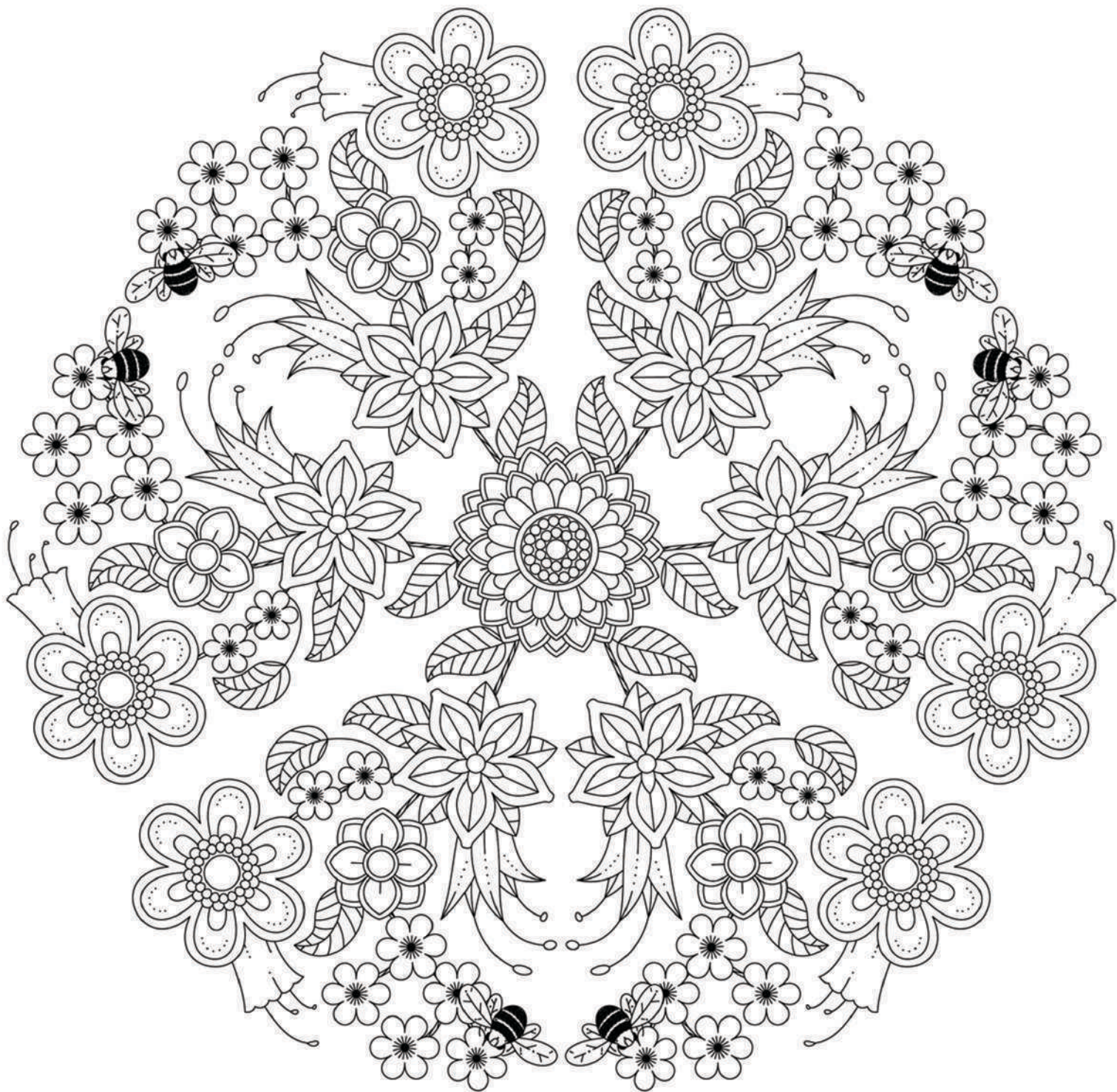
What went well today?

What do you wish had gone better today?

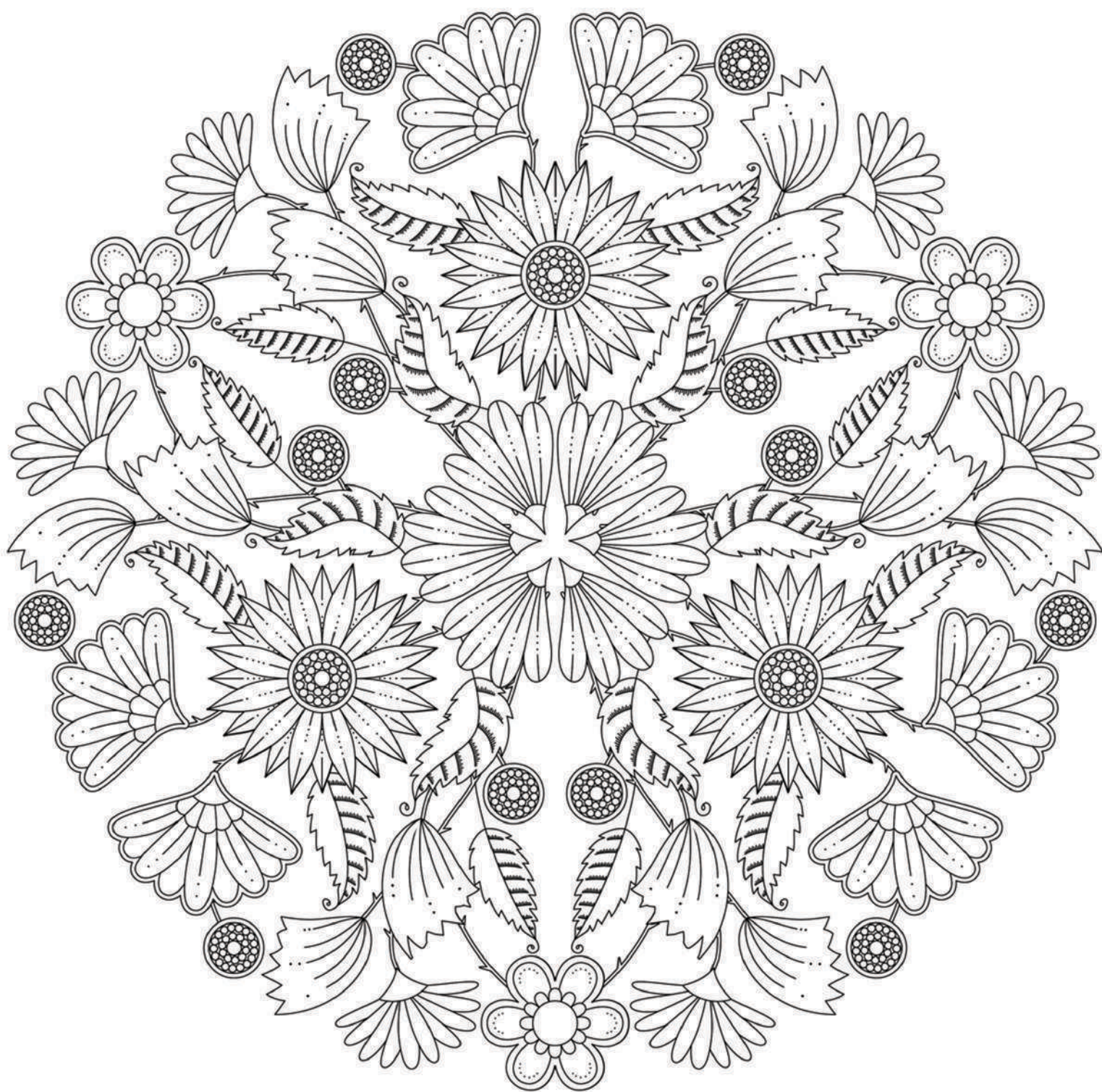
What worries are you holding in your head that might stop you from sleeping?



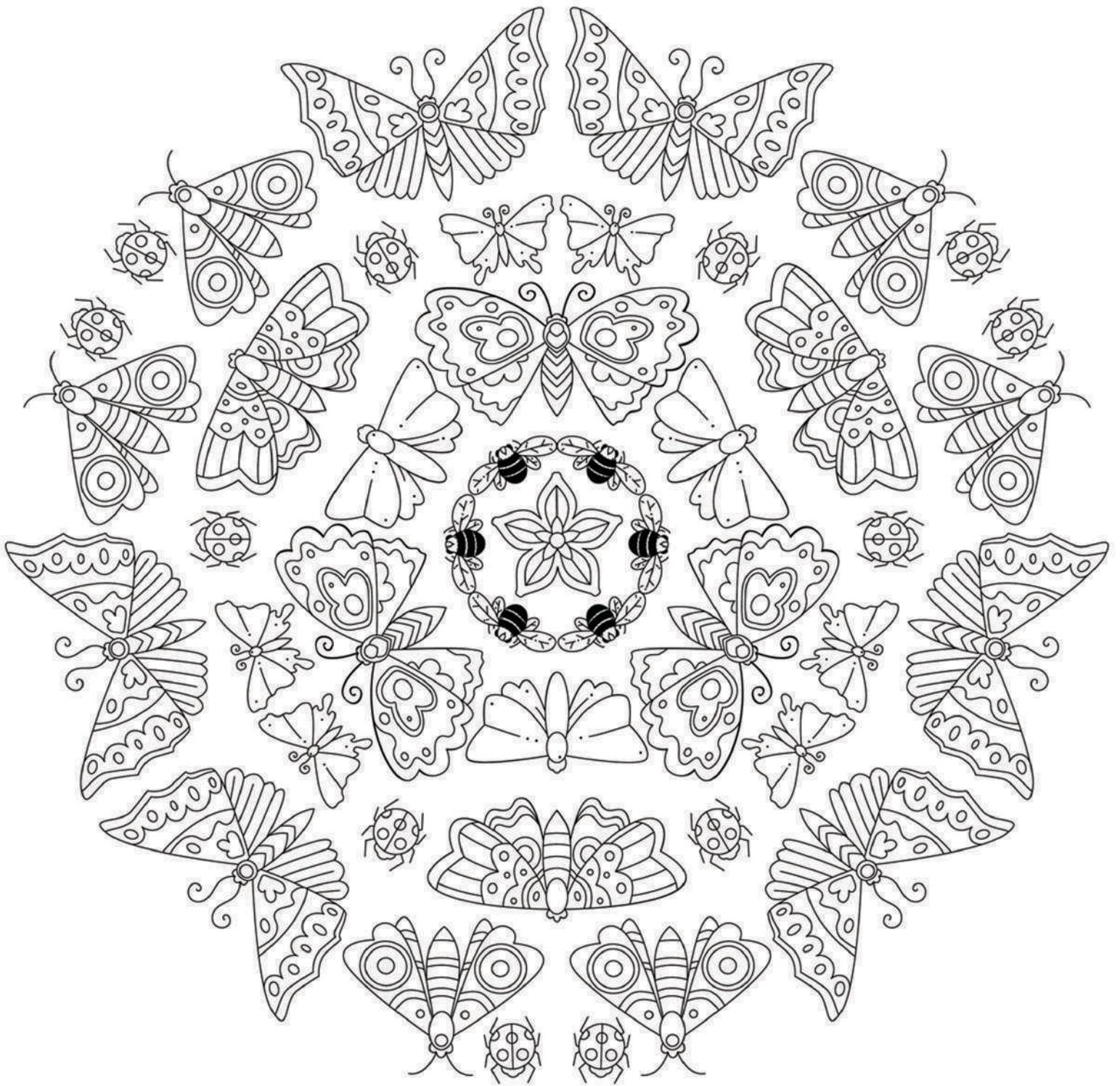




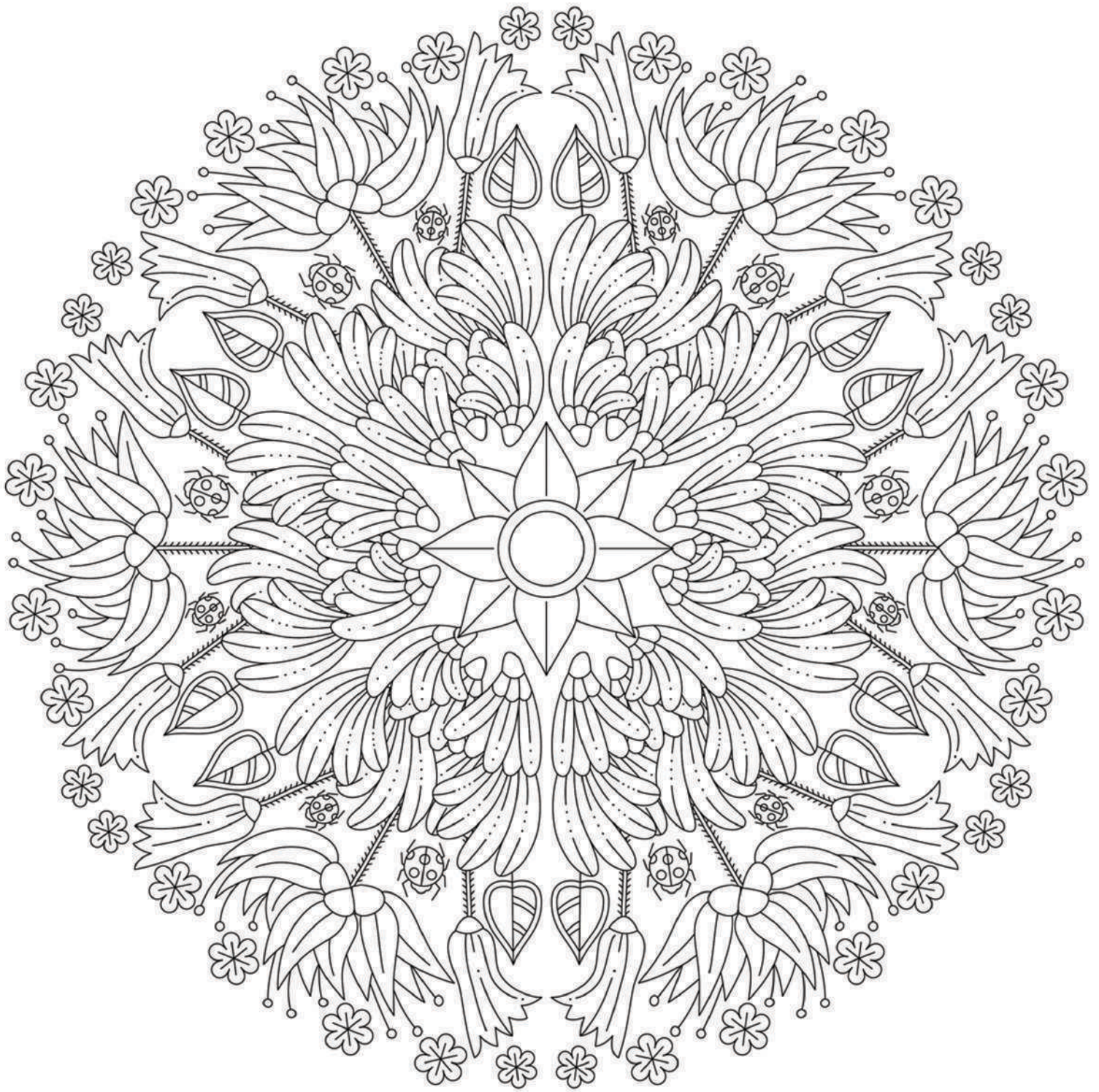




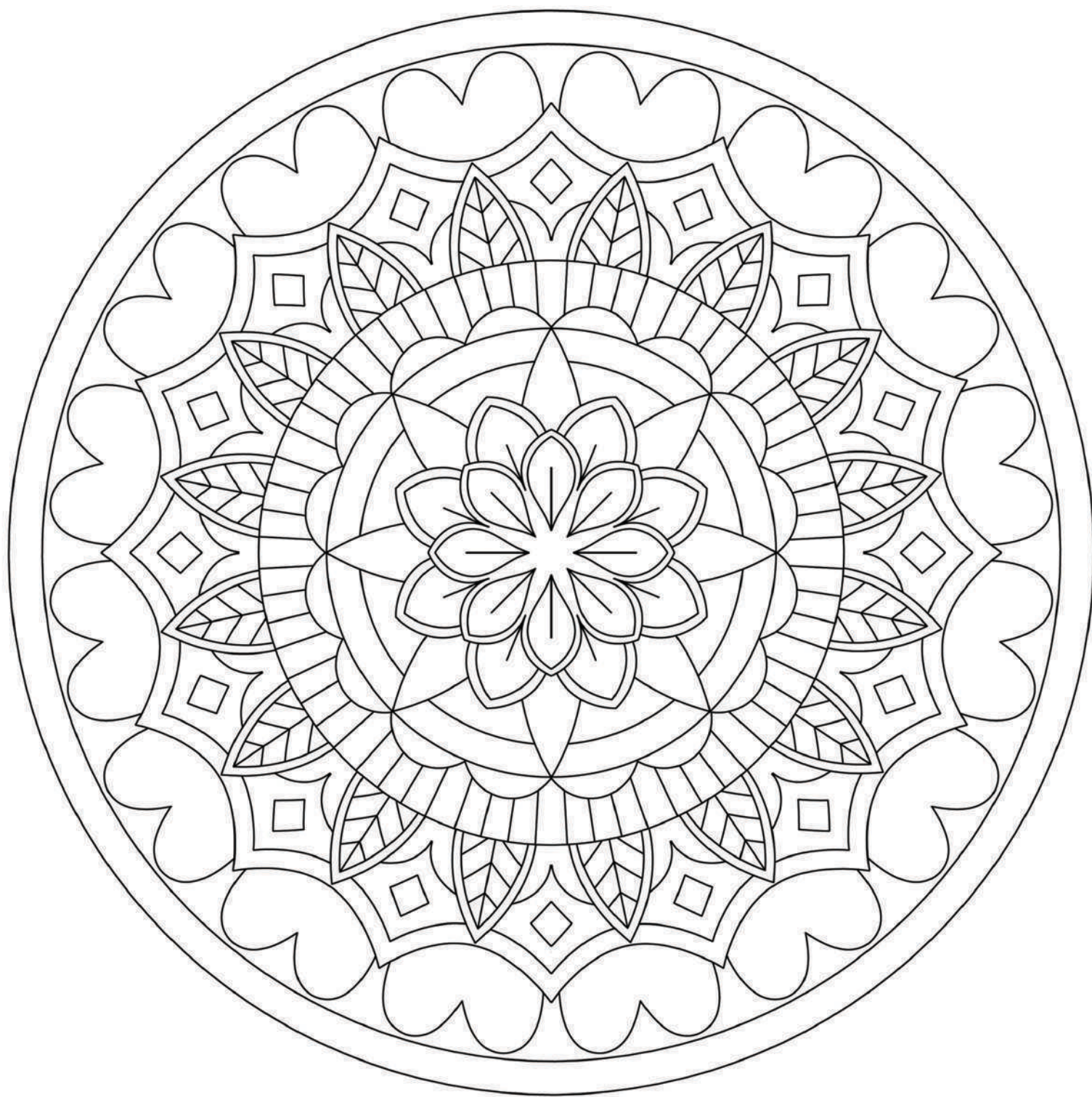




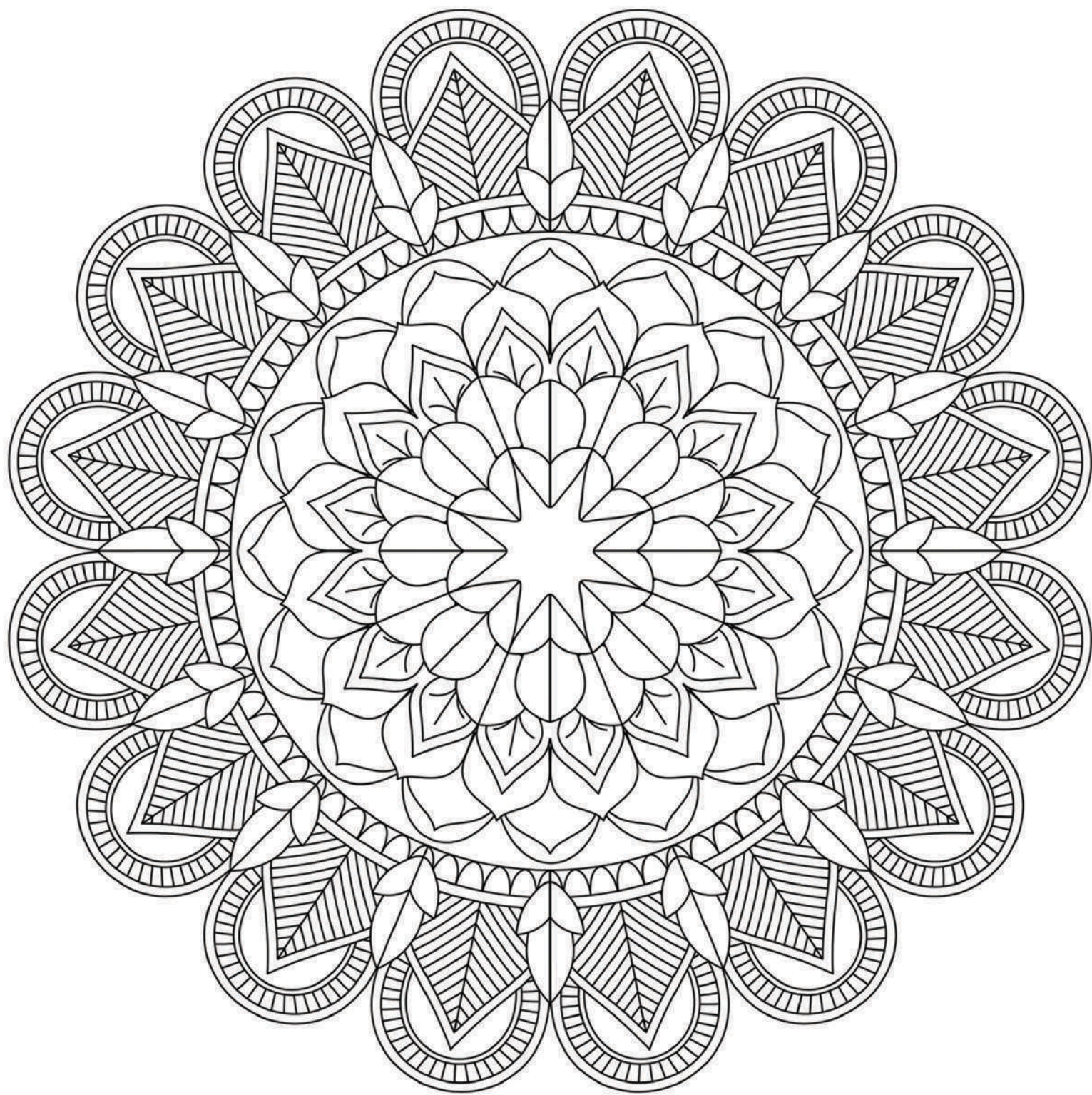




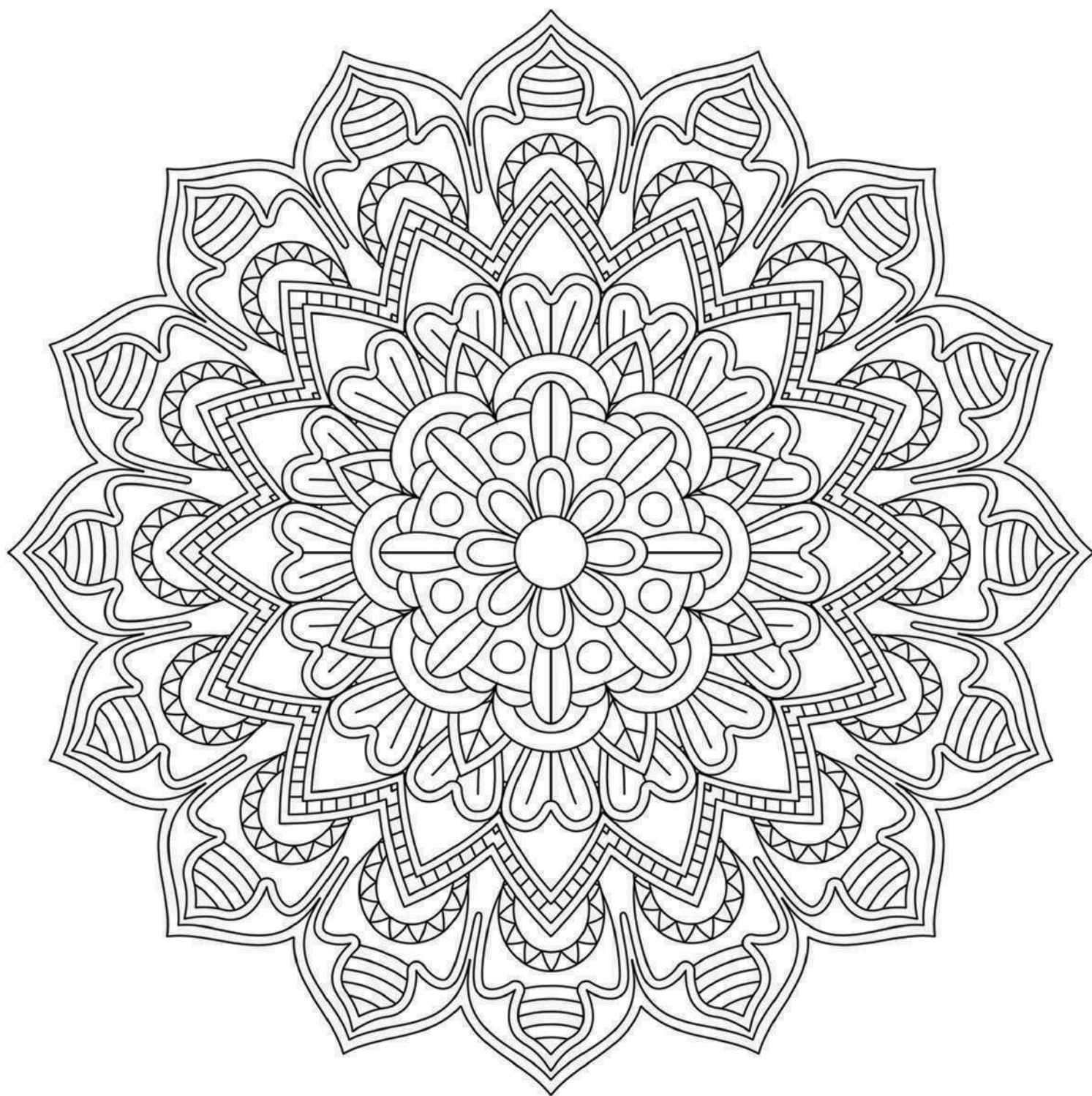




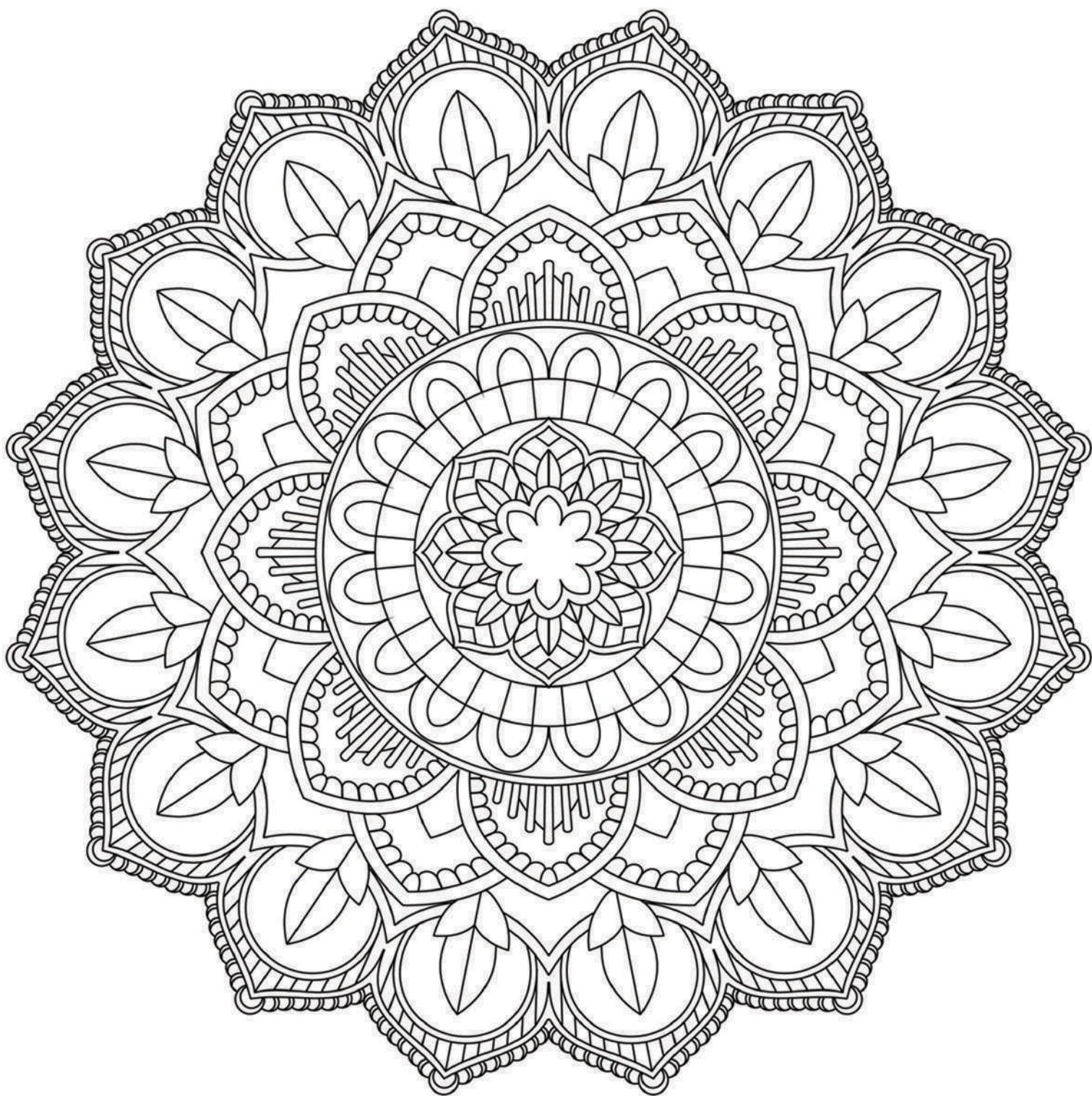


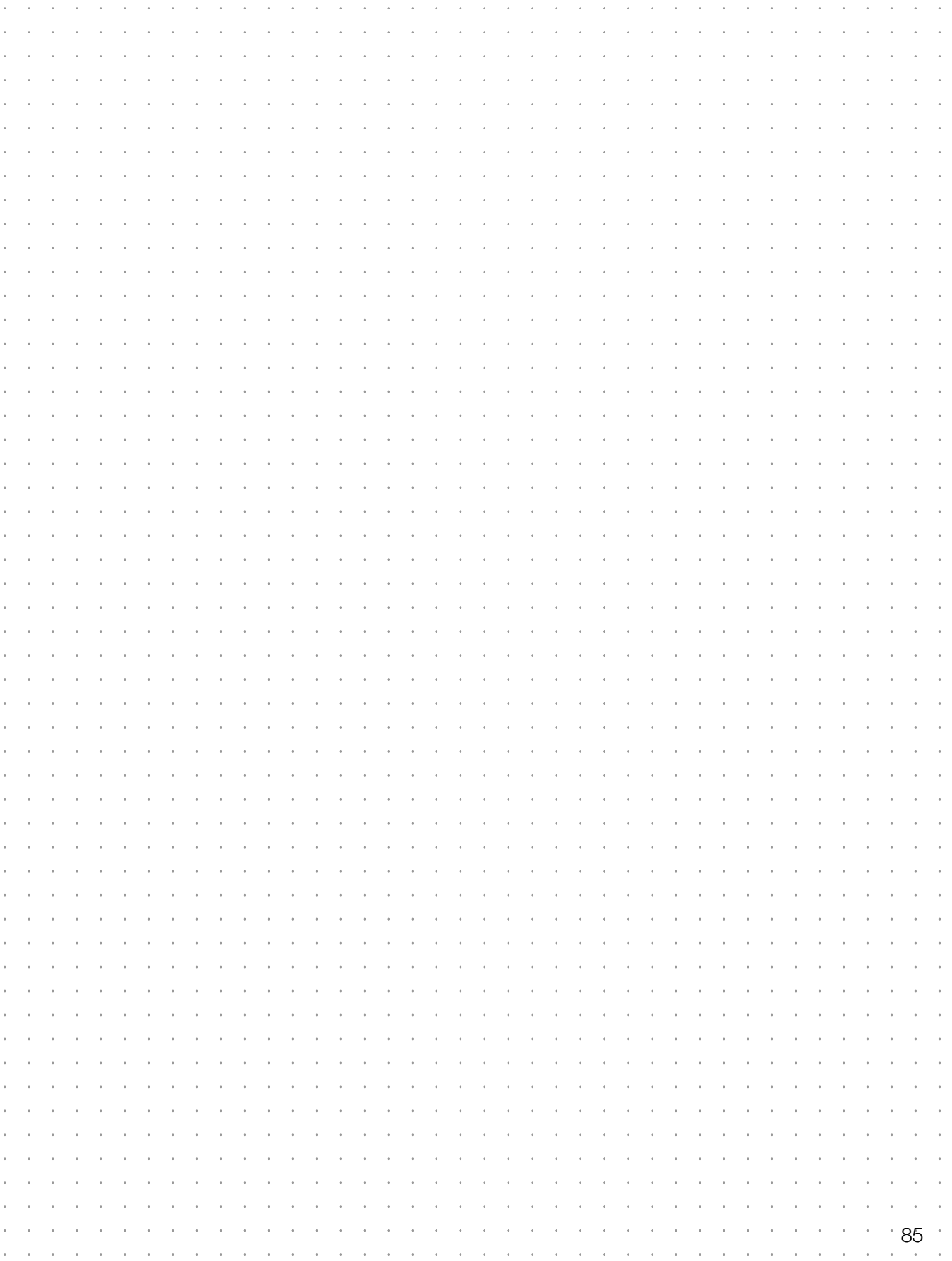


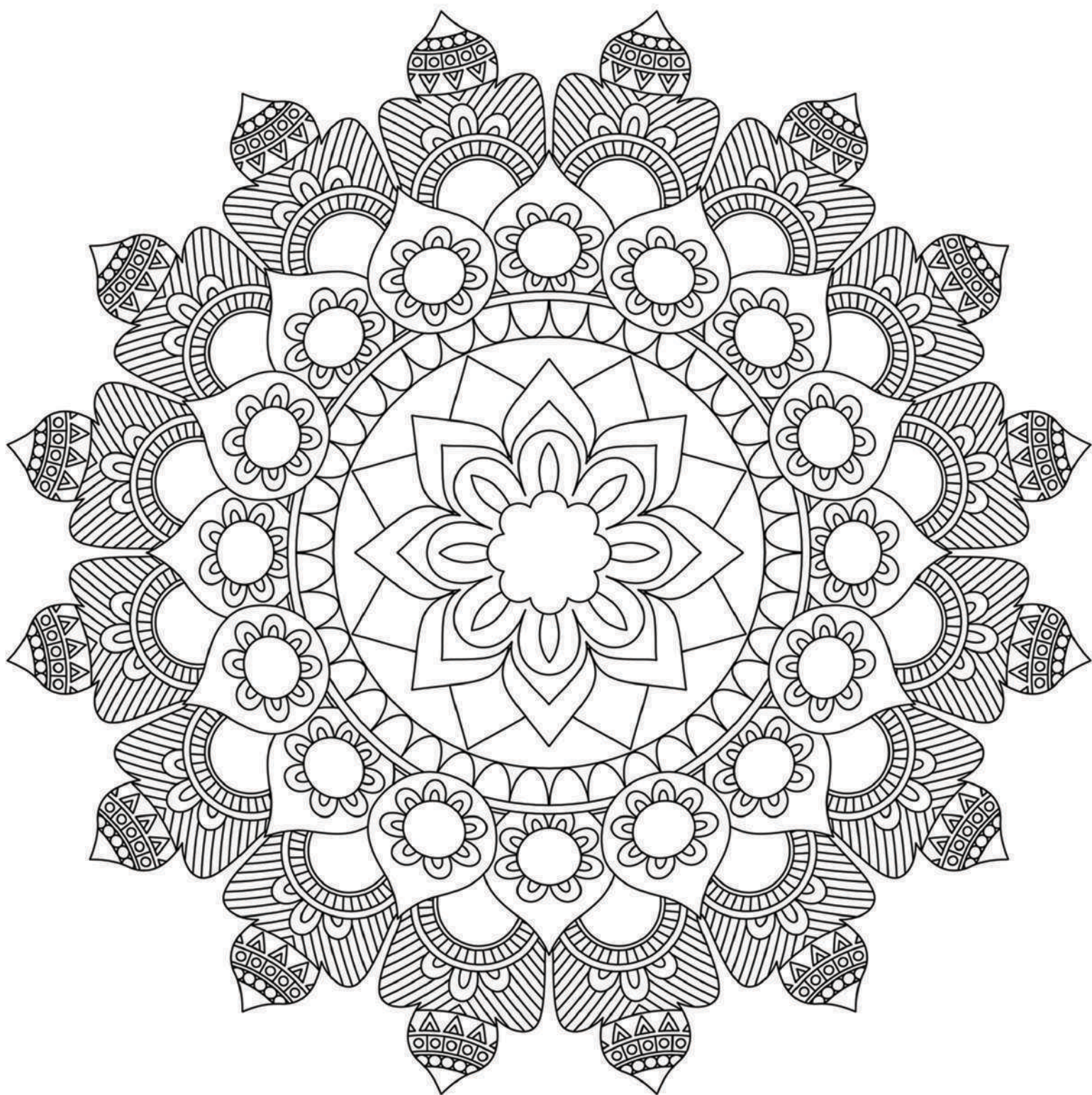




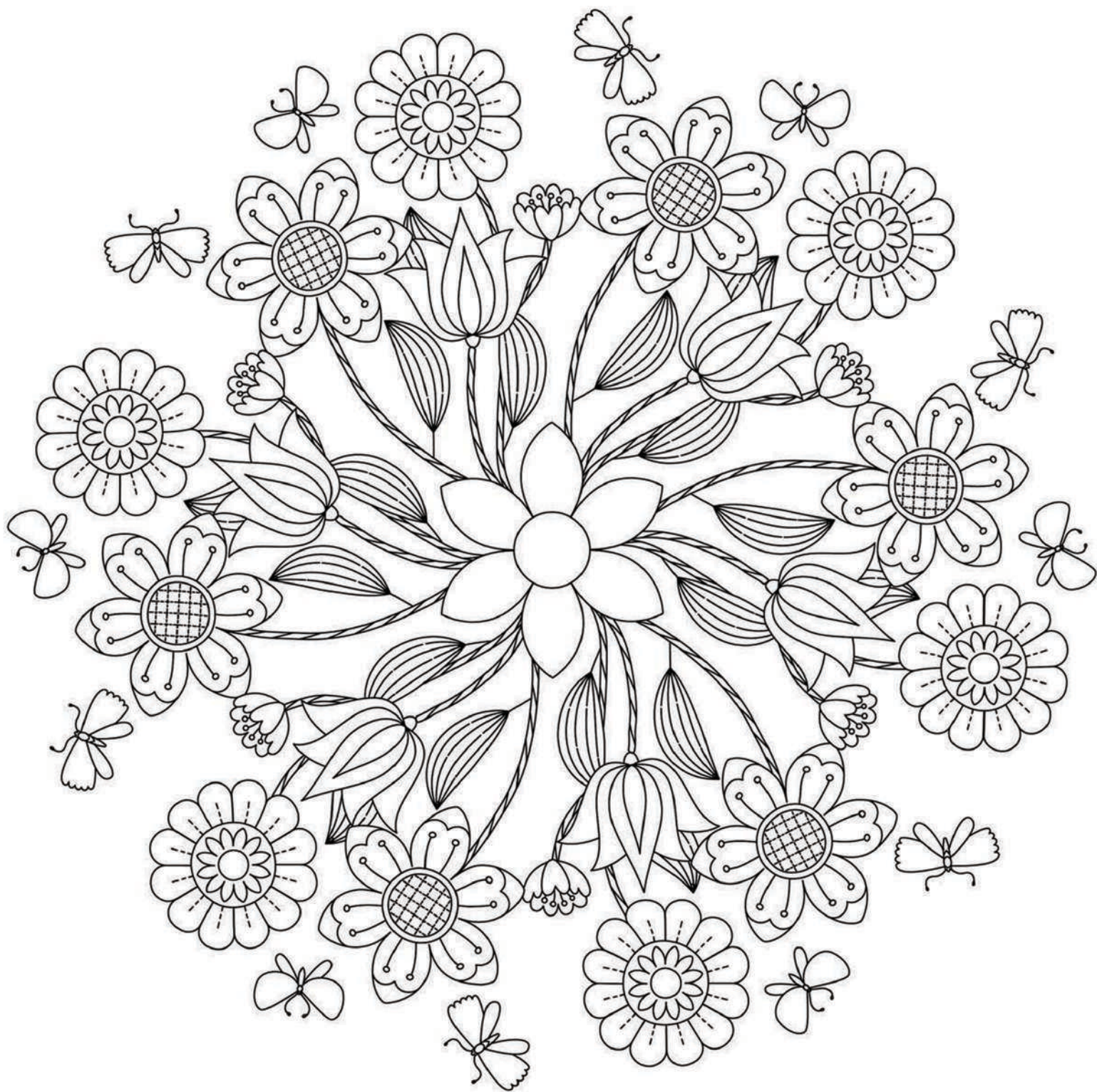




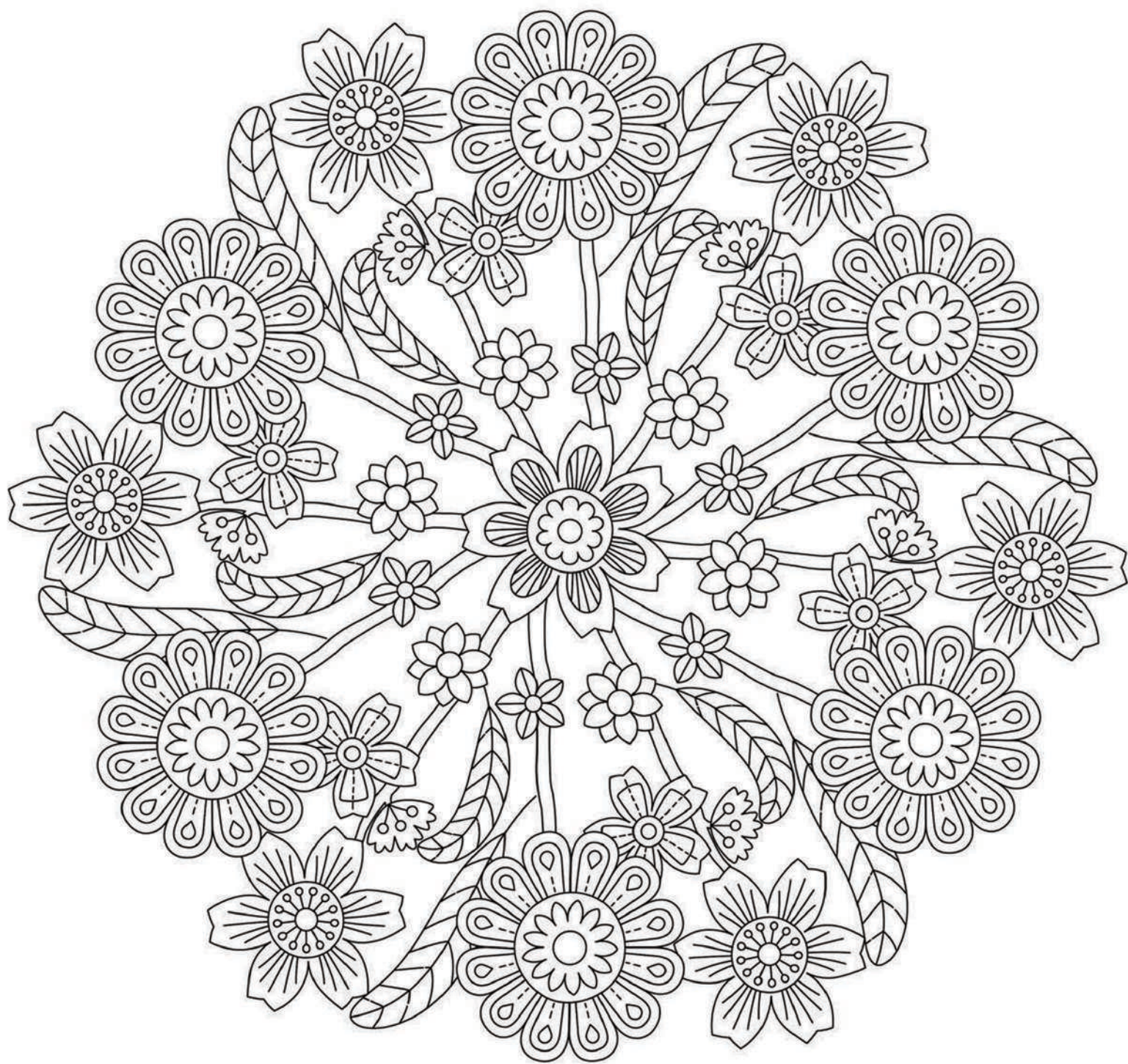




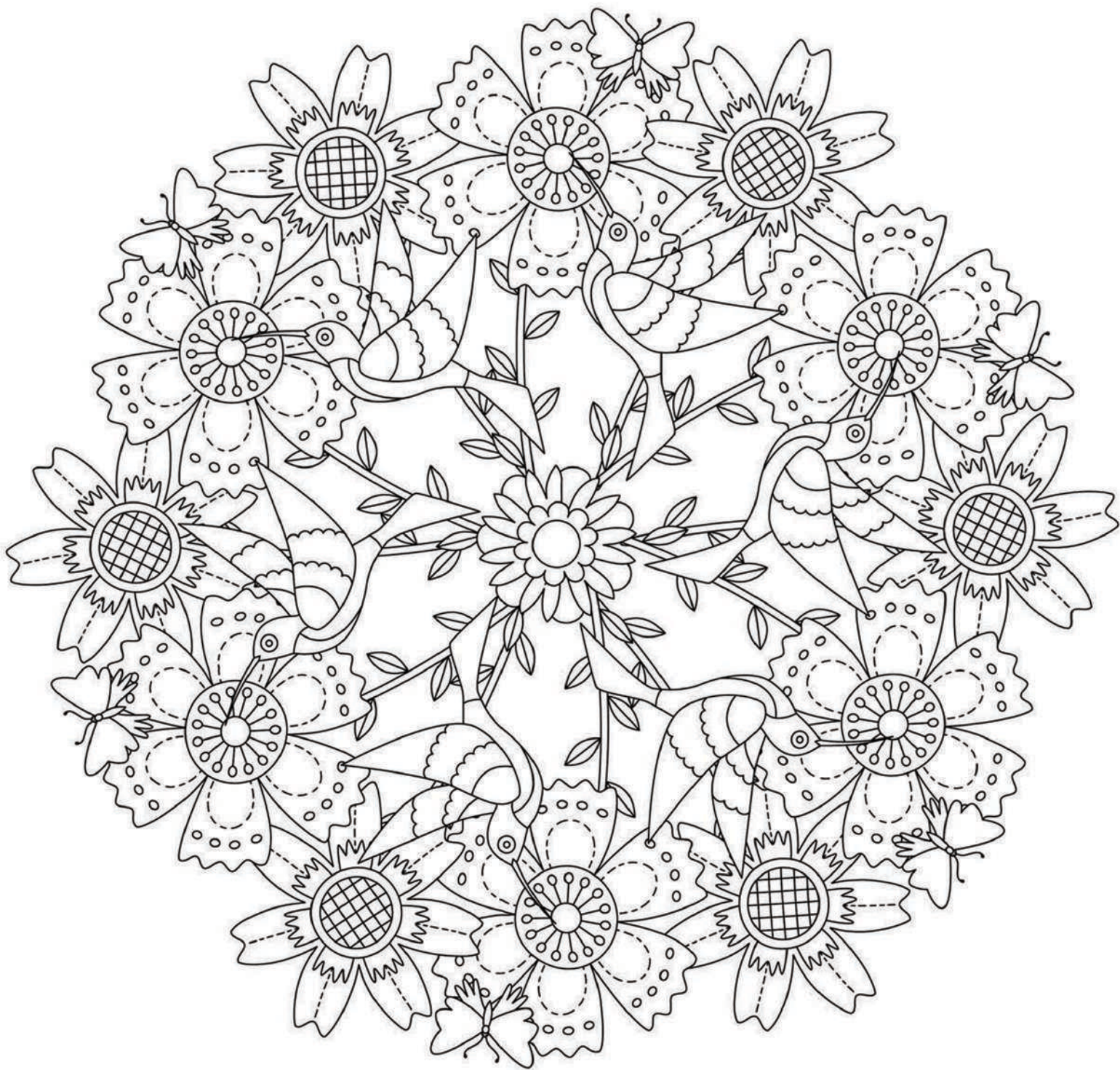




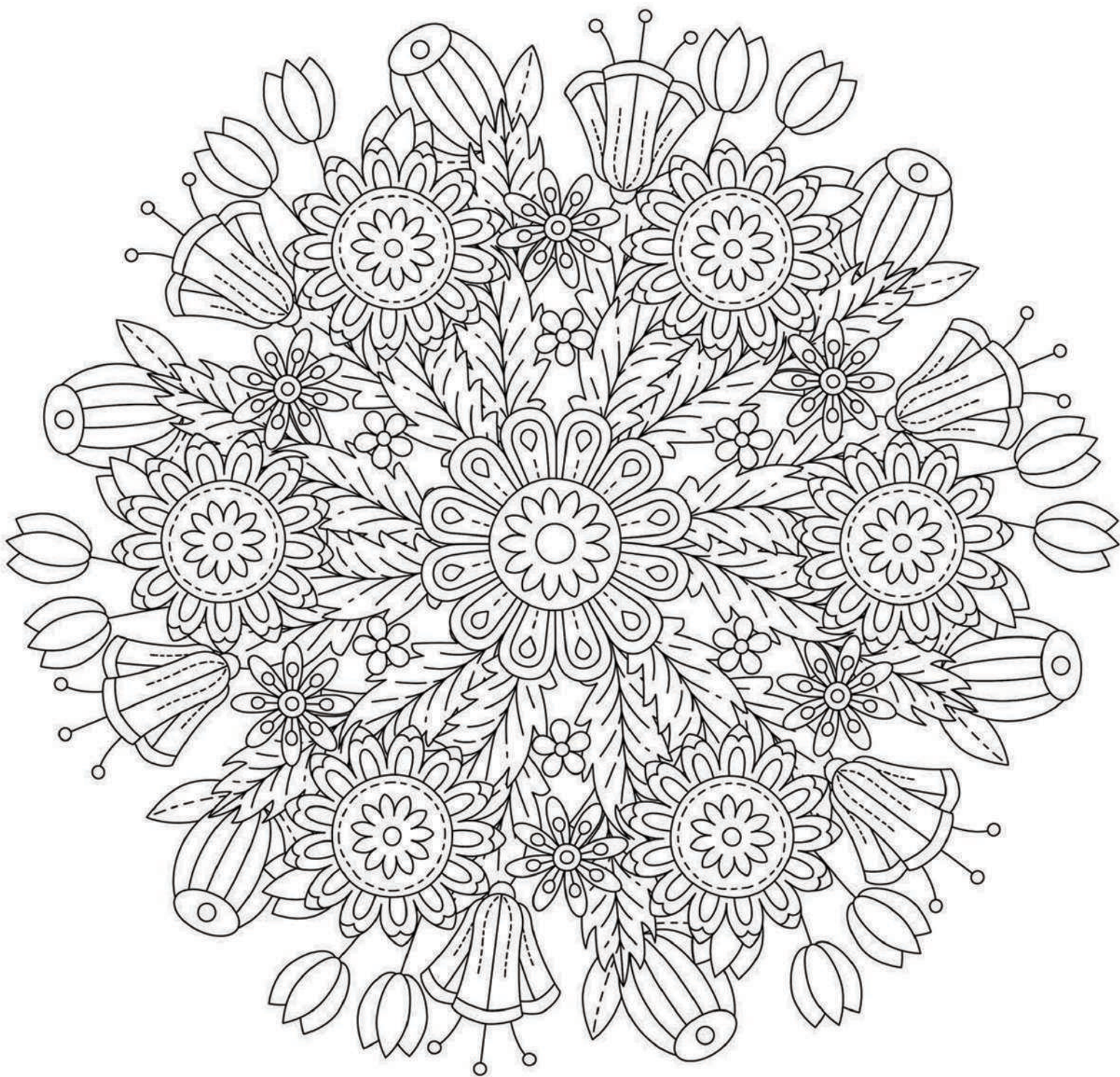








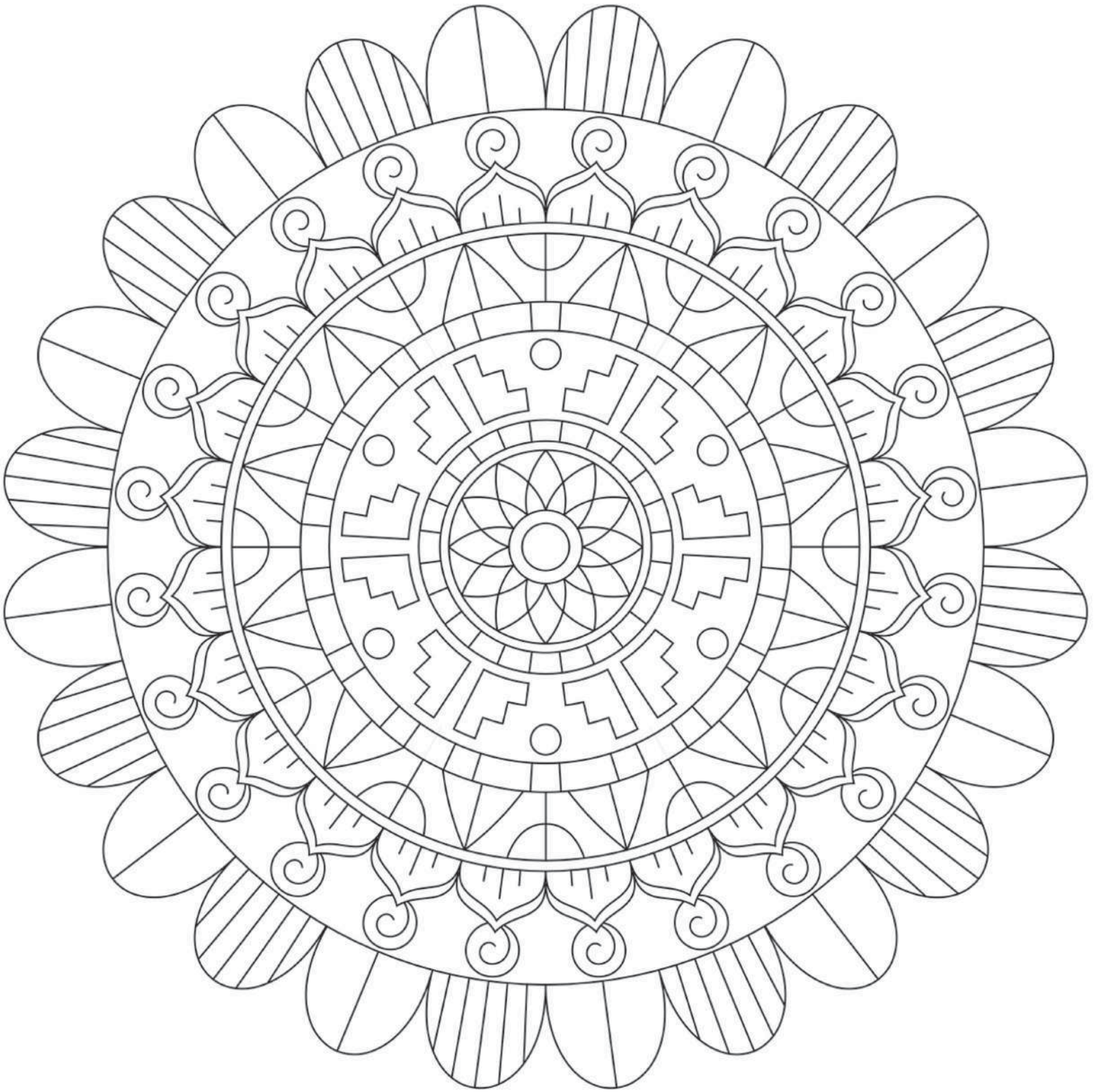




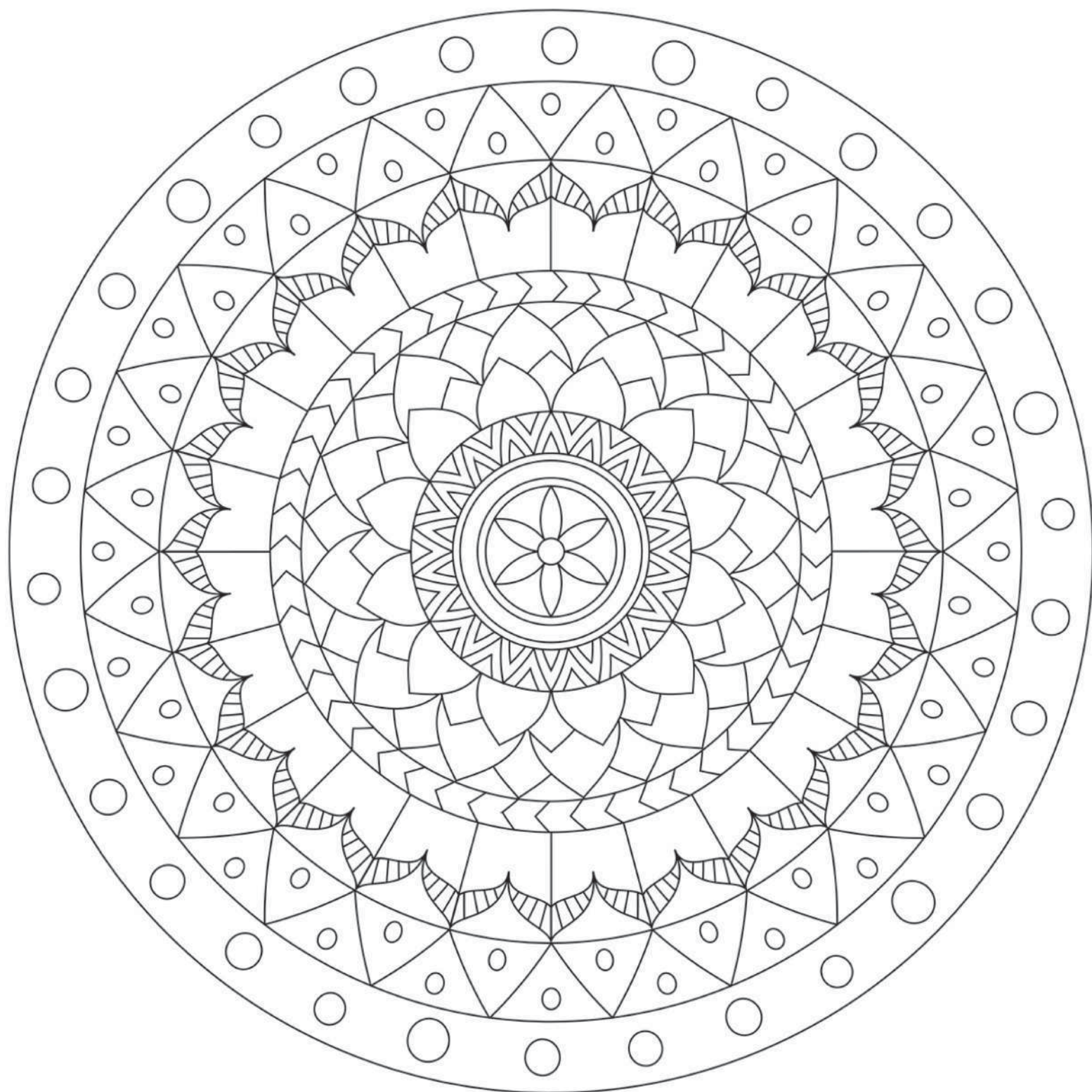




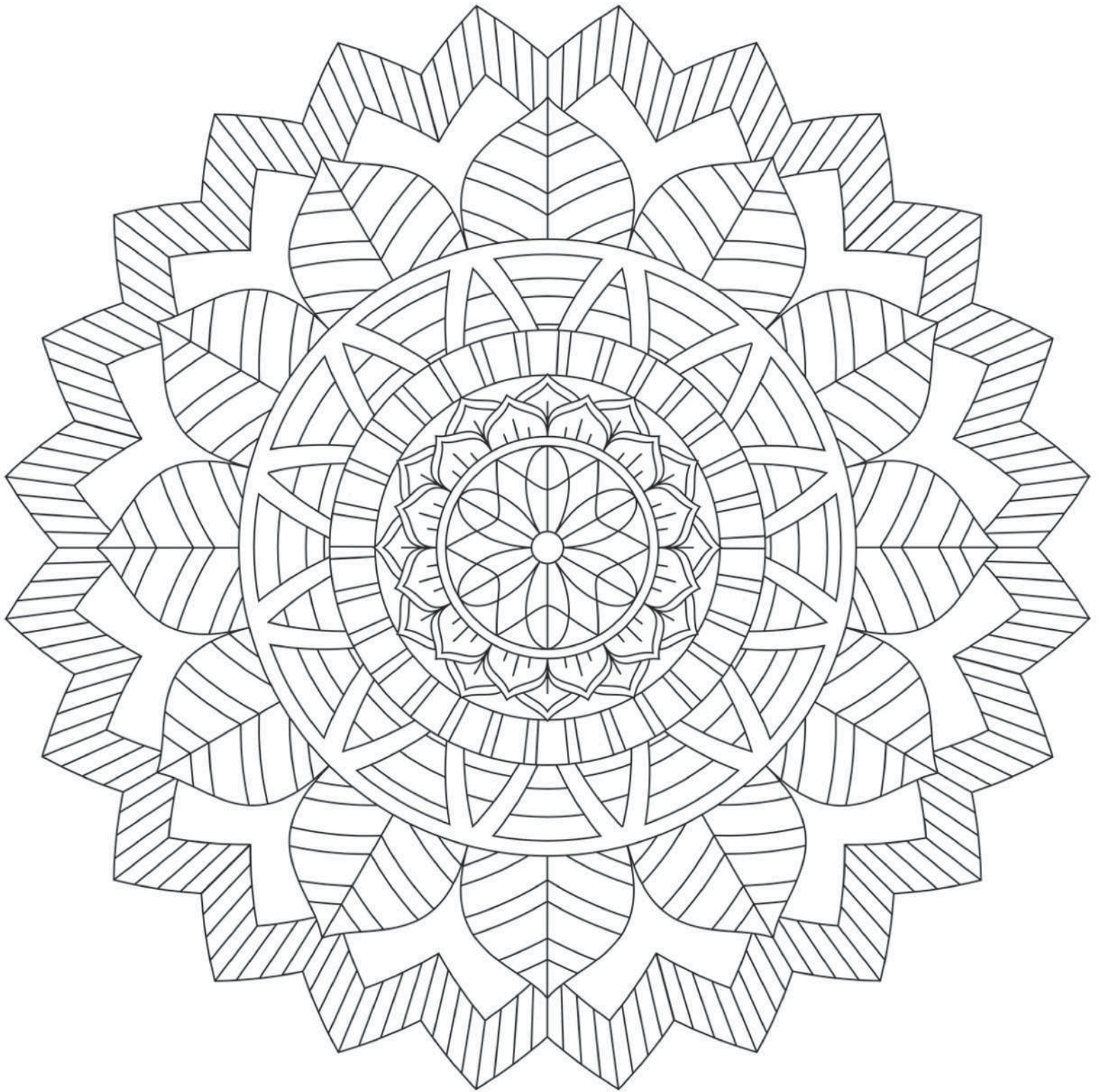




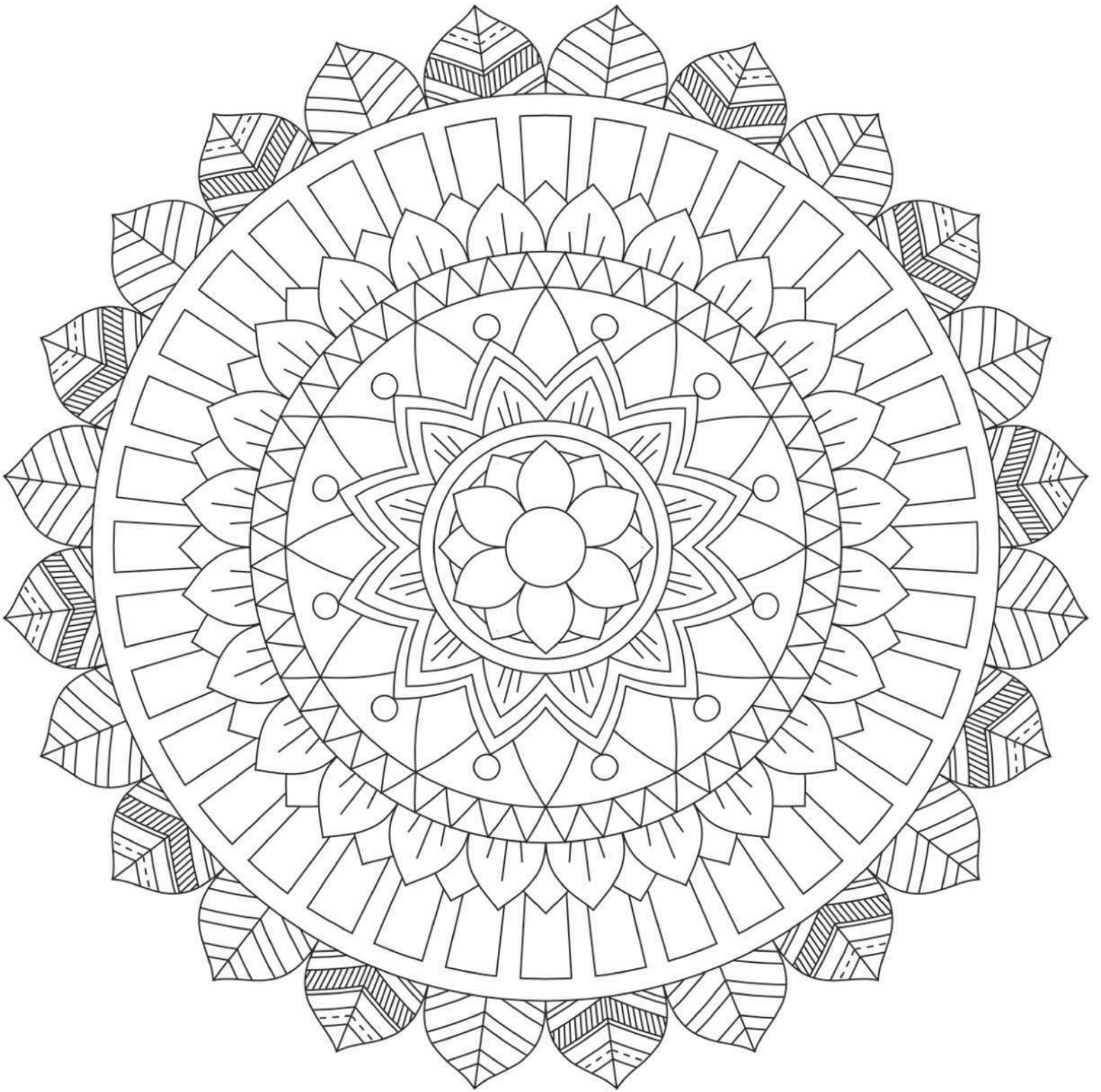




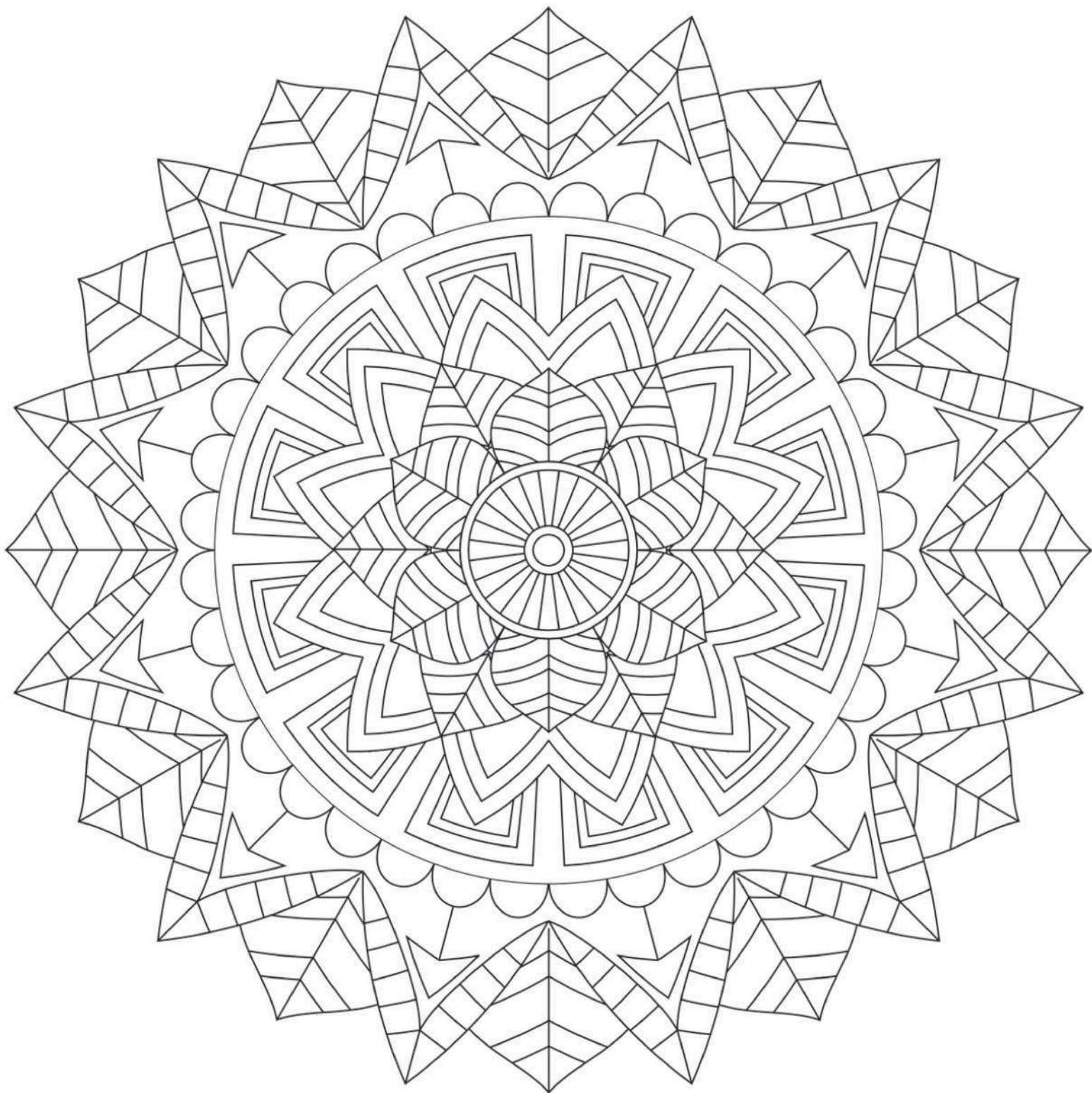




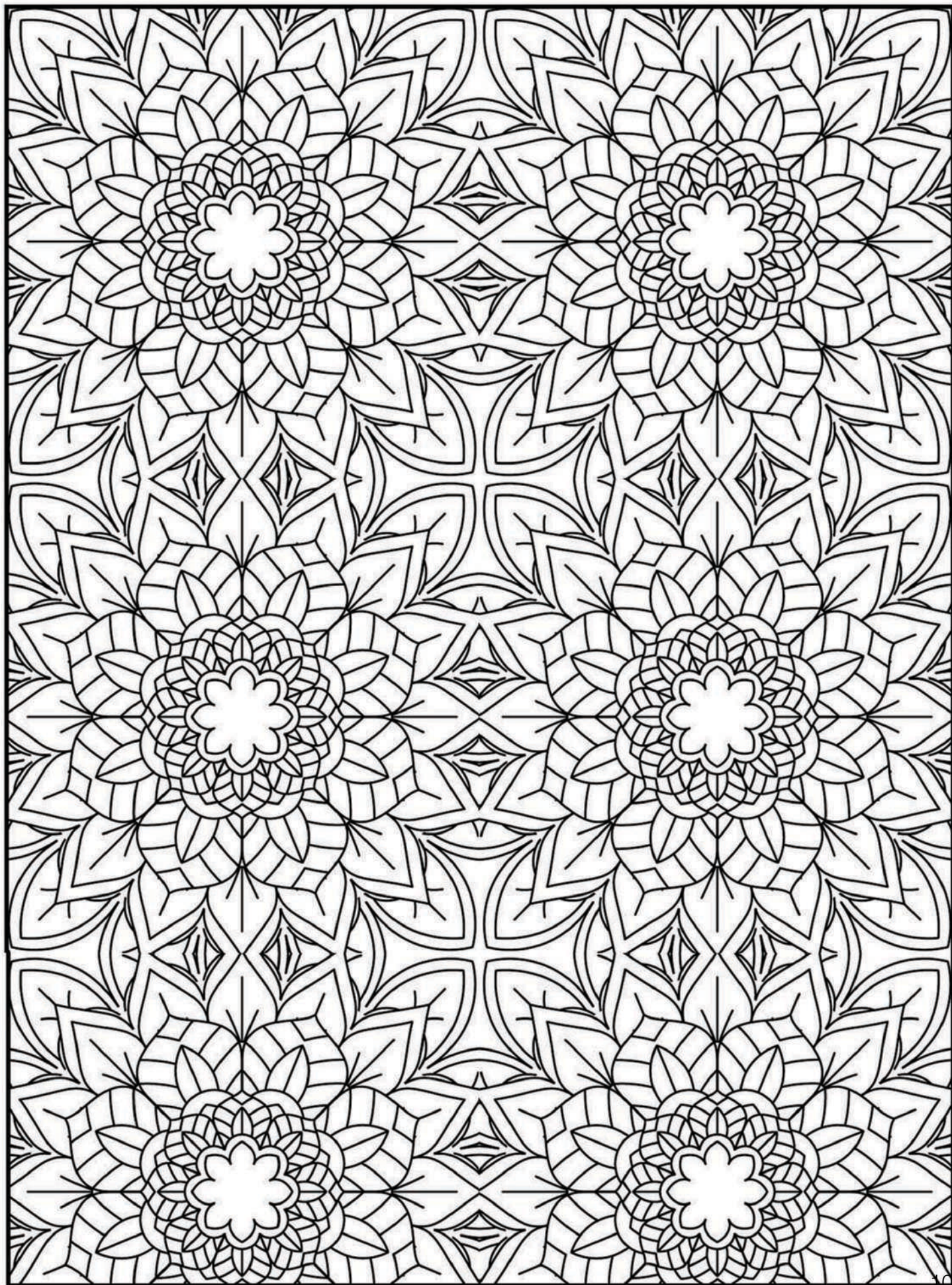




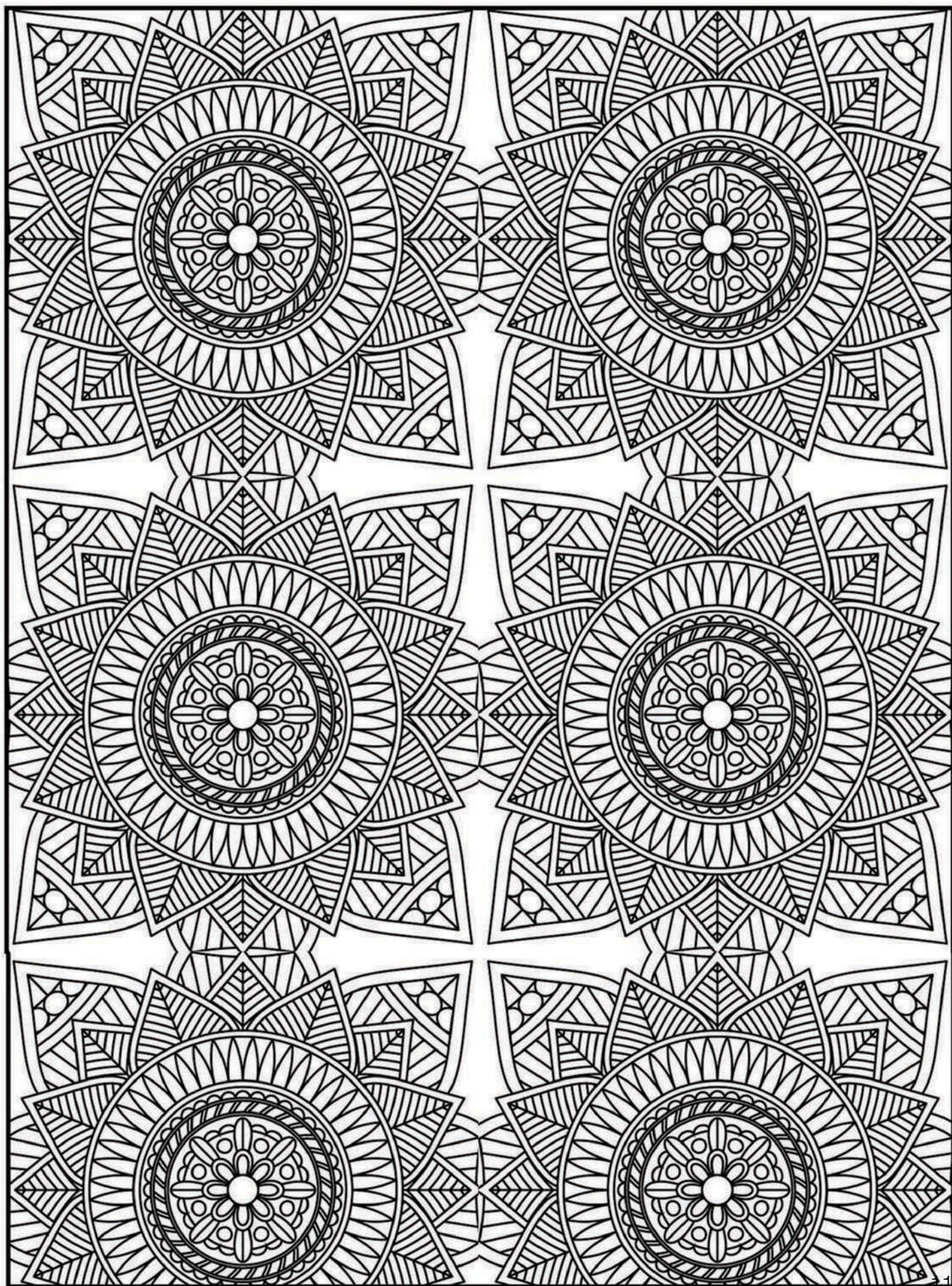




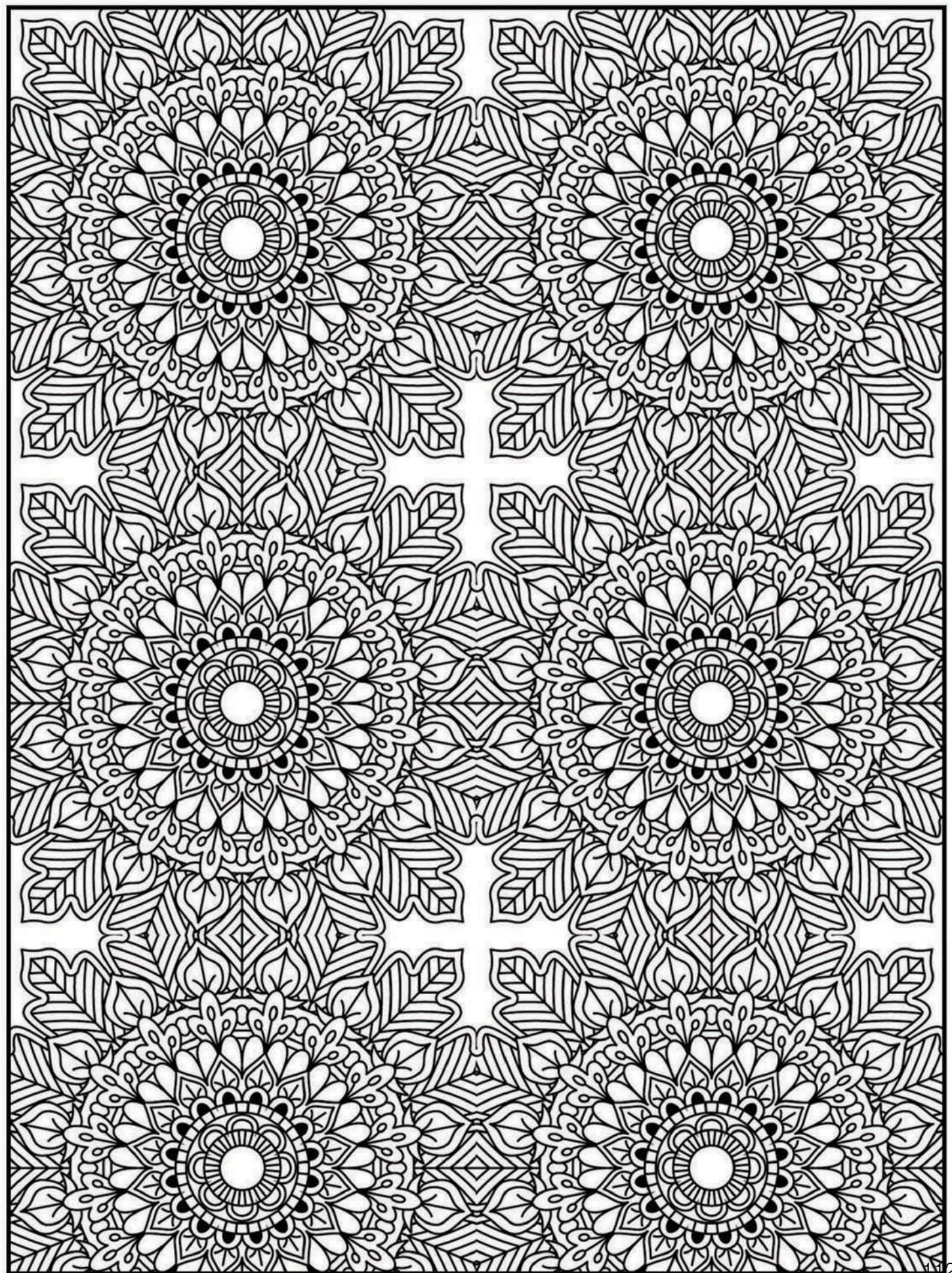




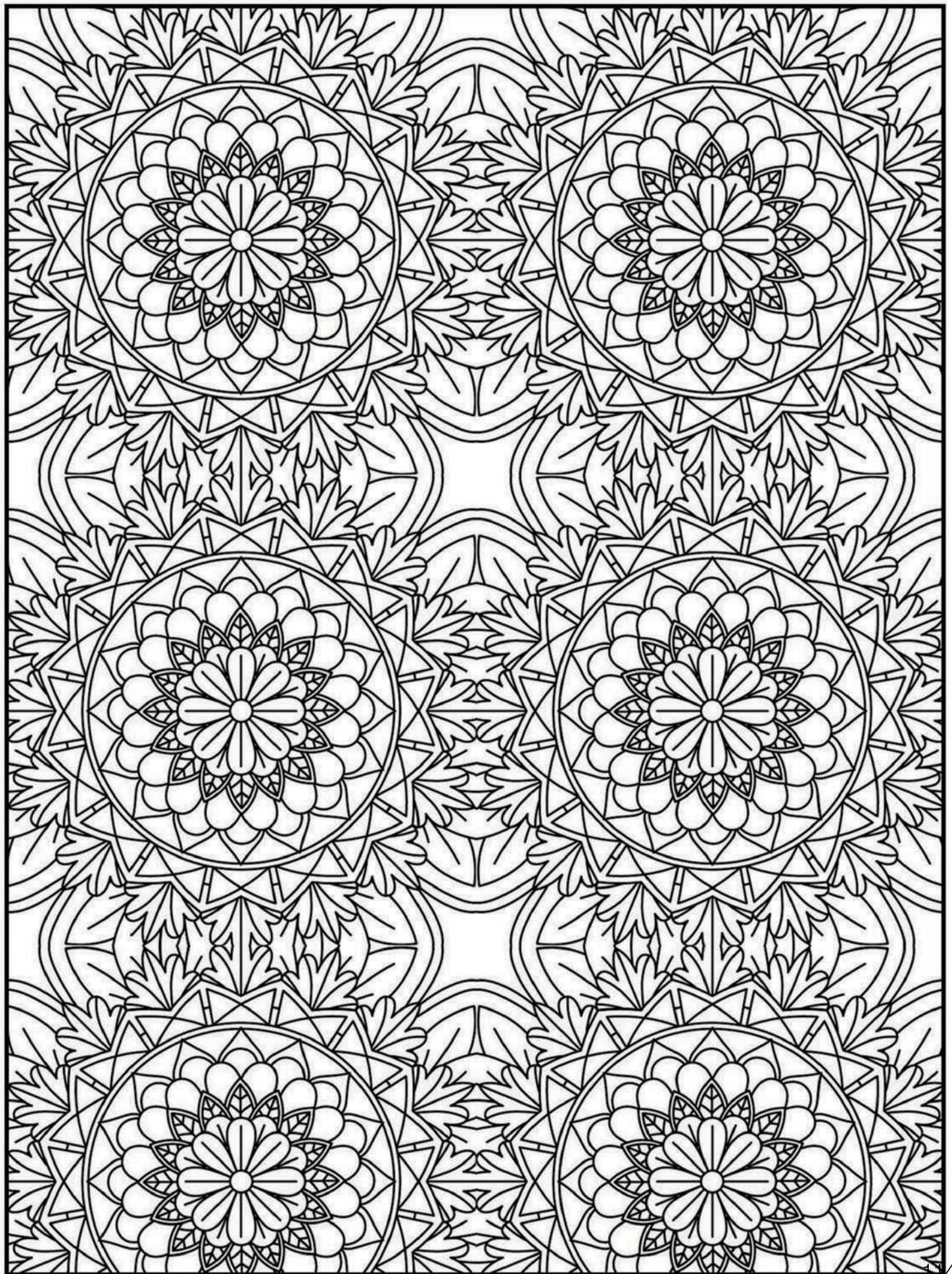


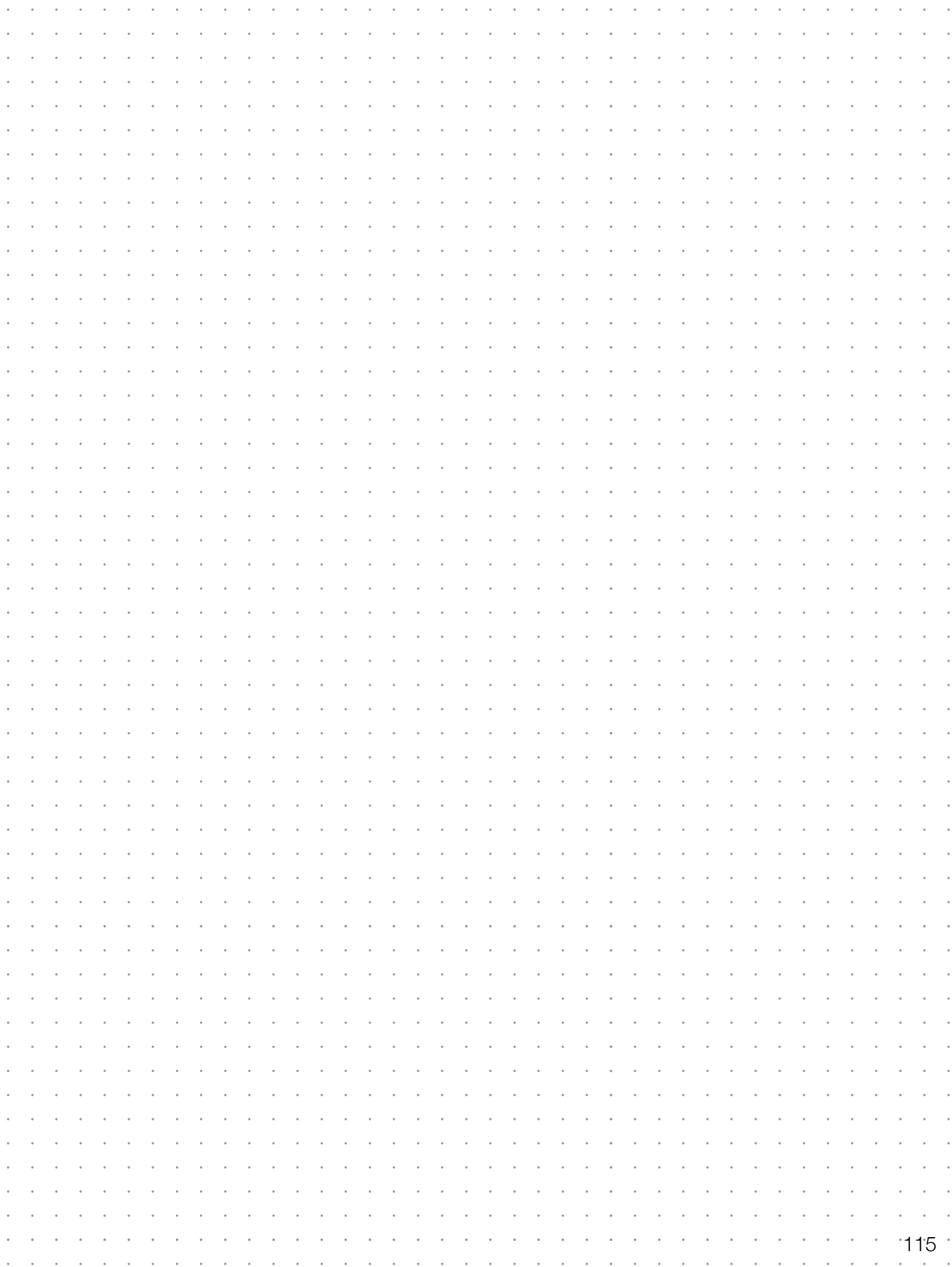


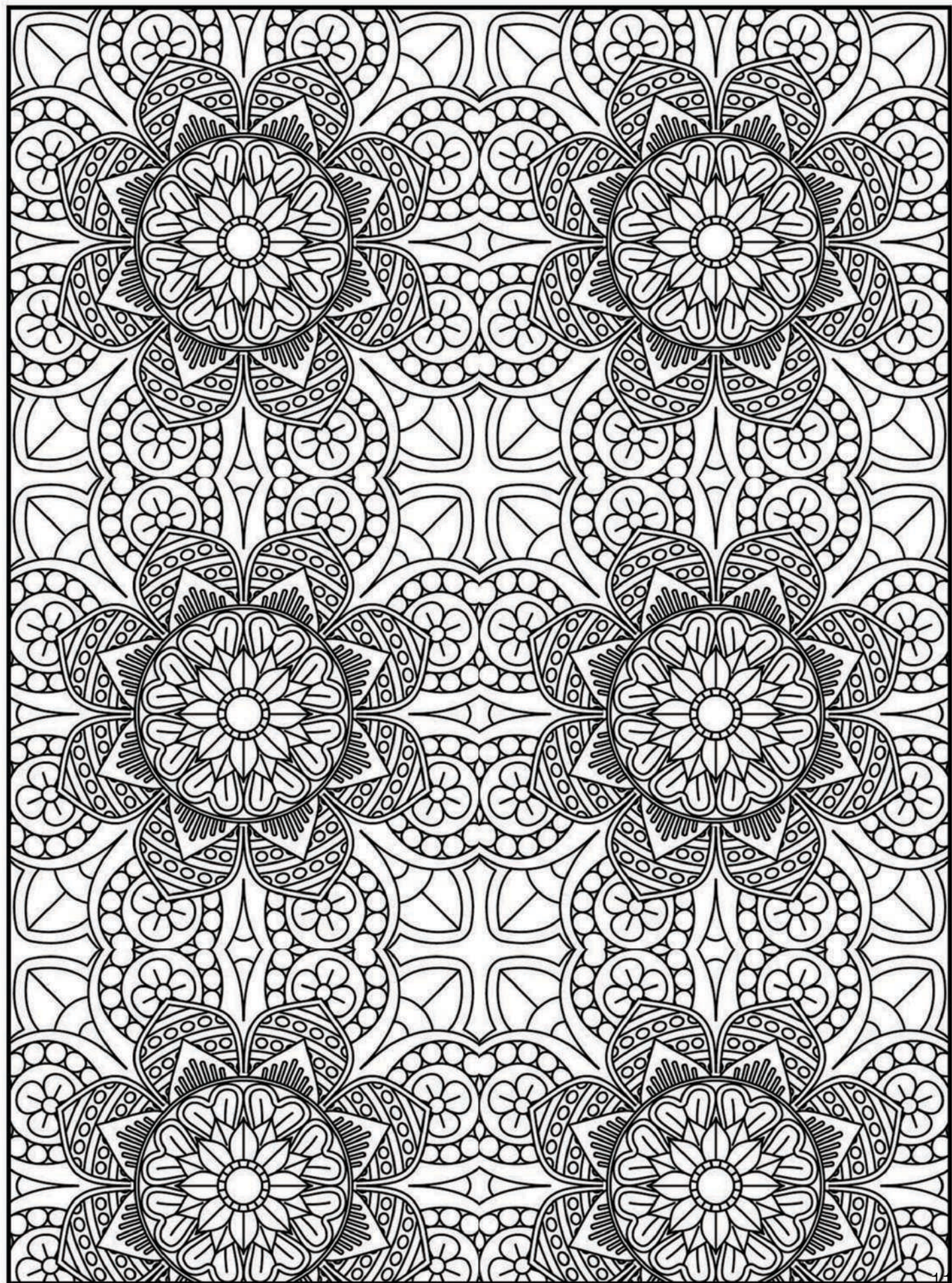




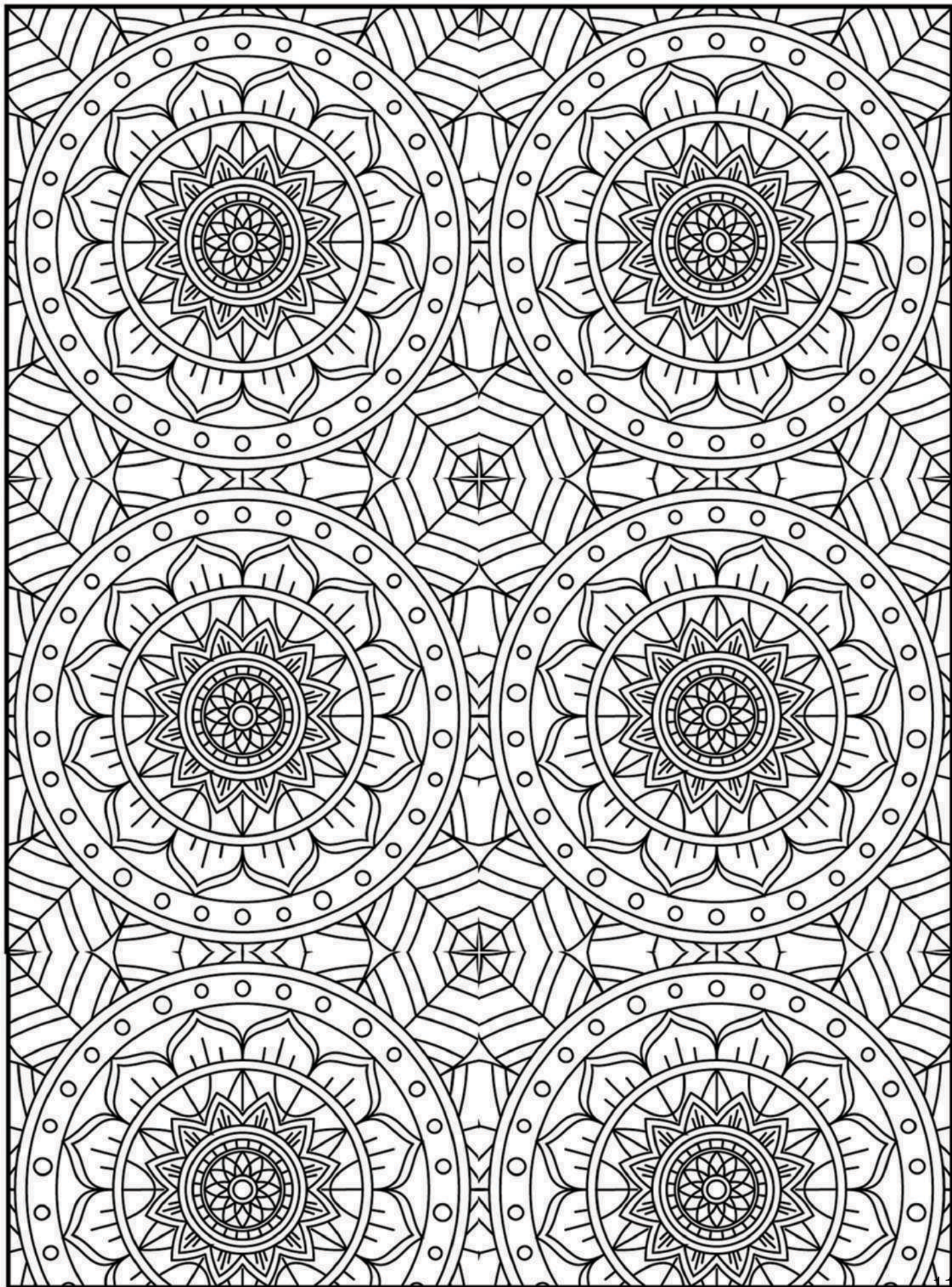




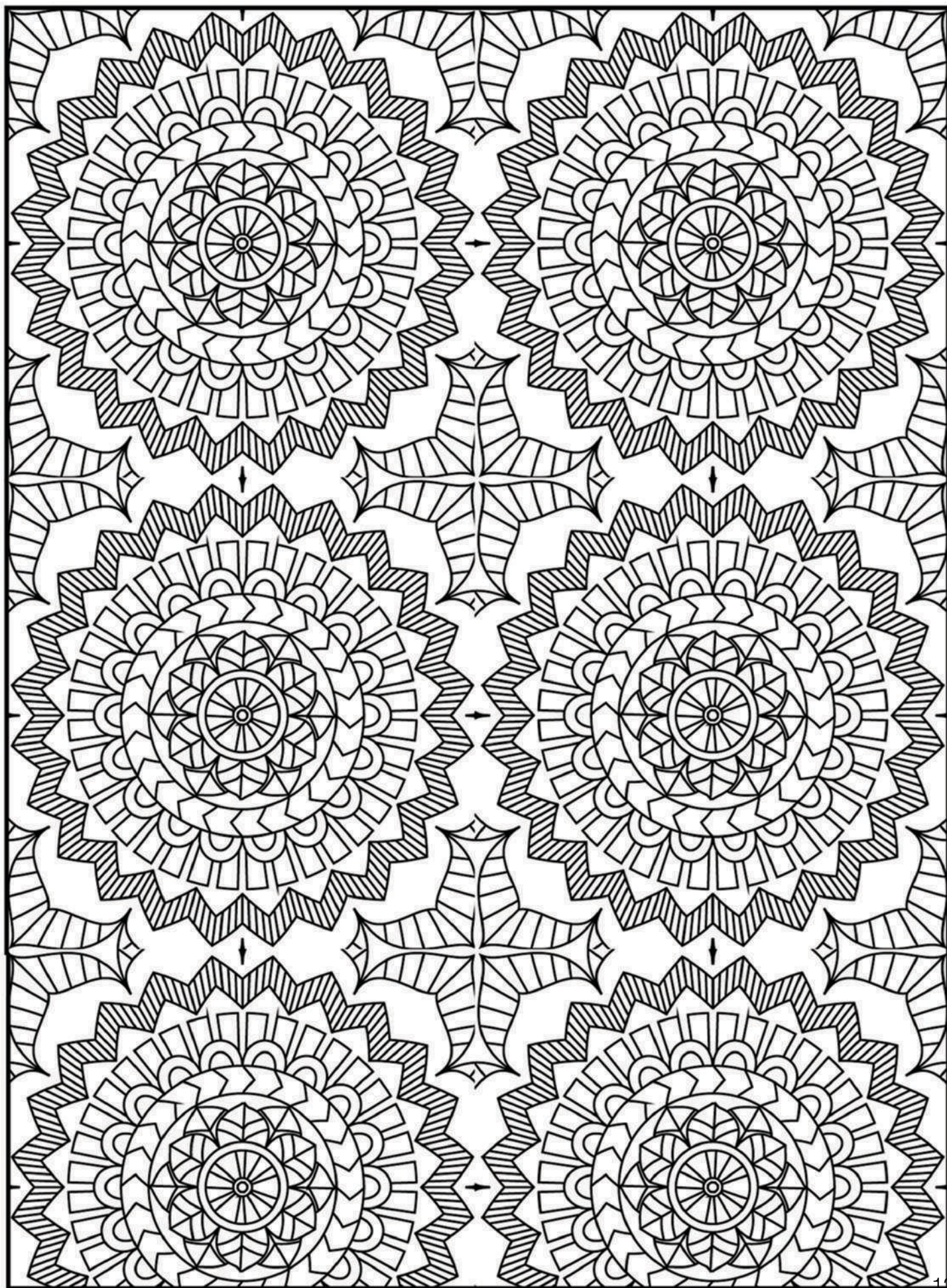




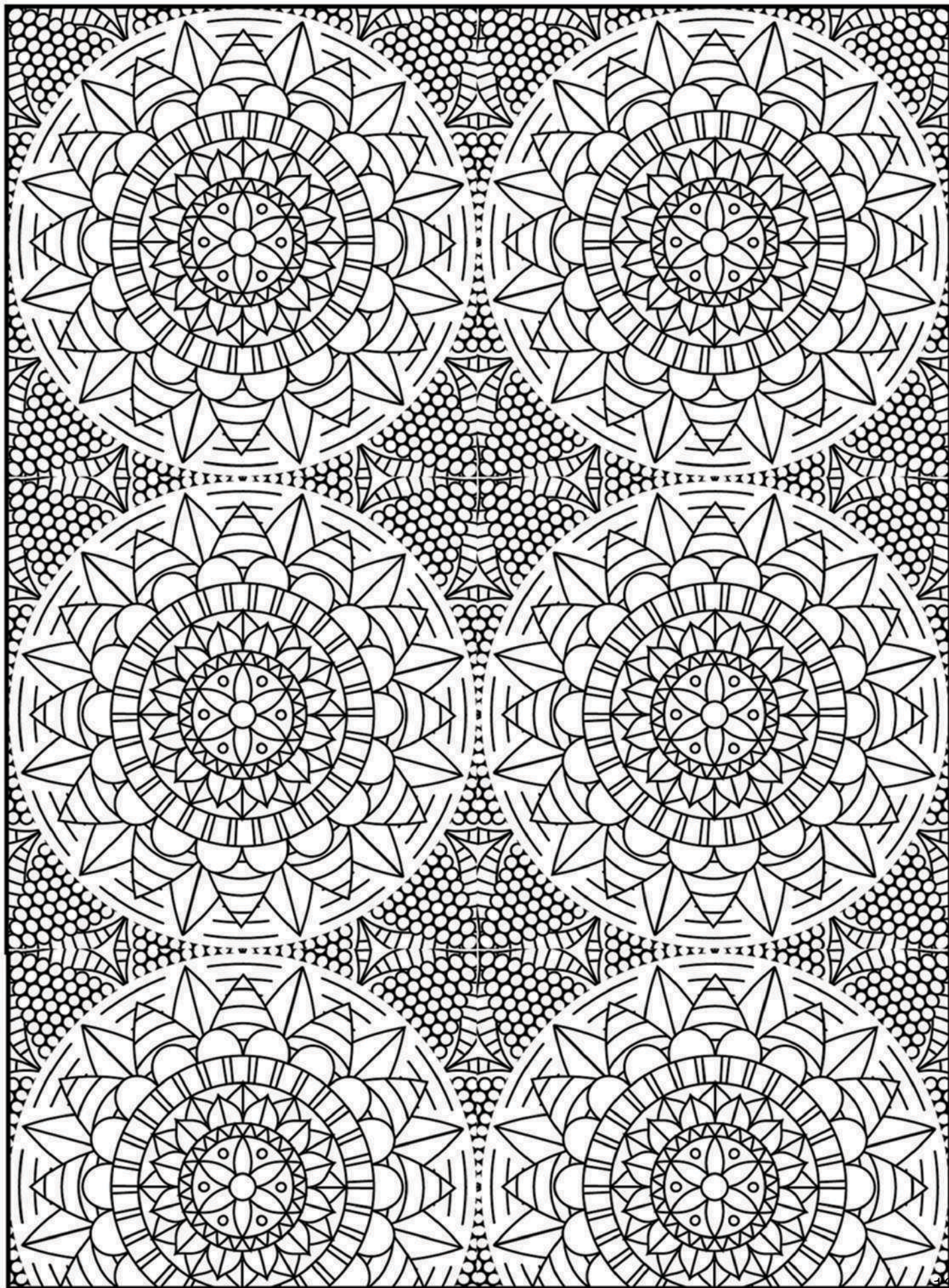




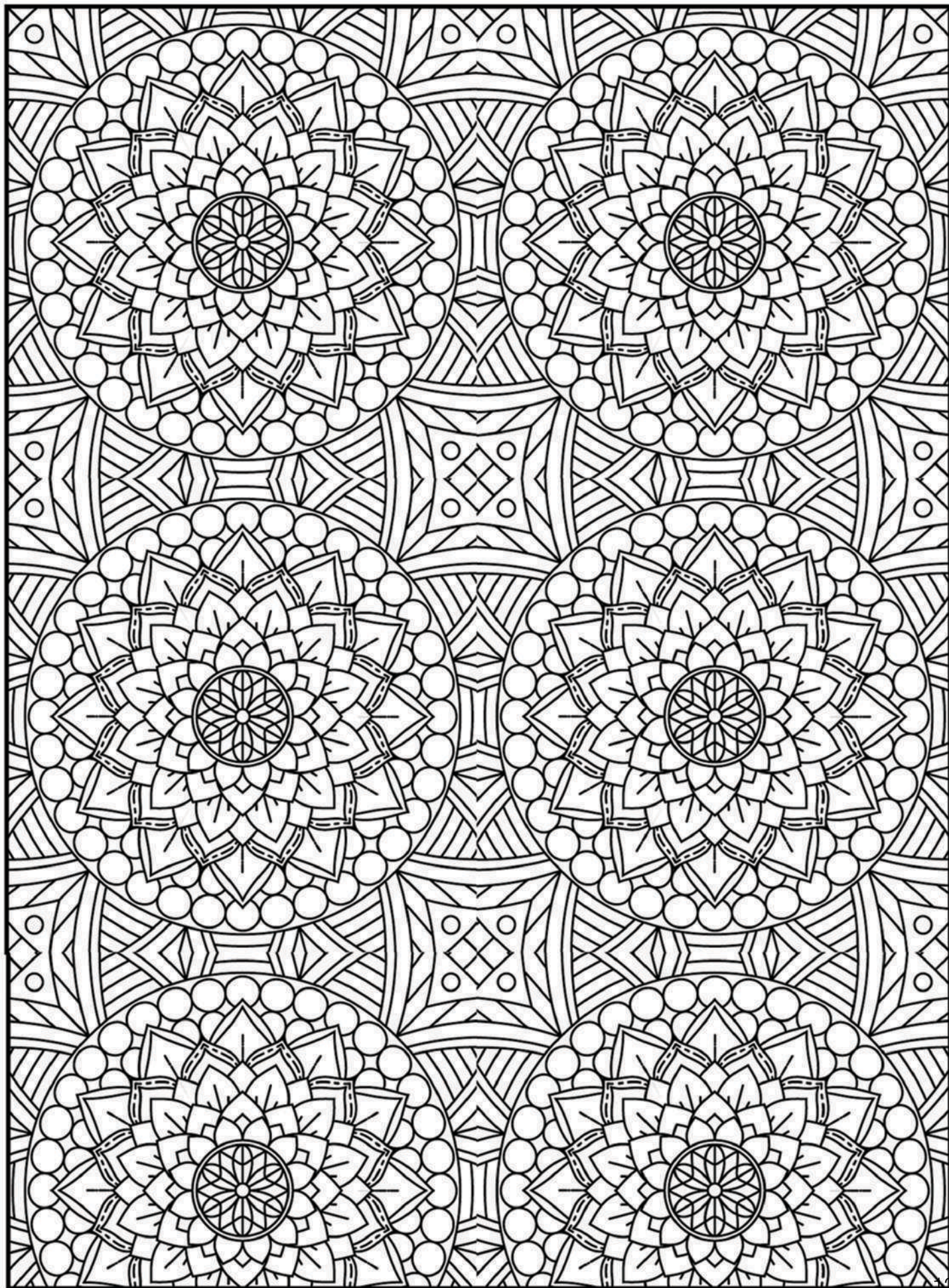


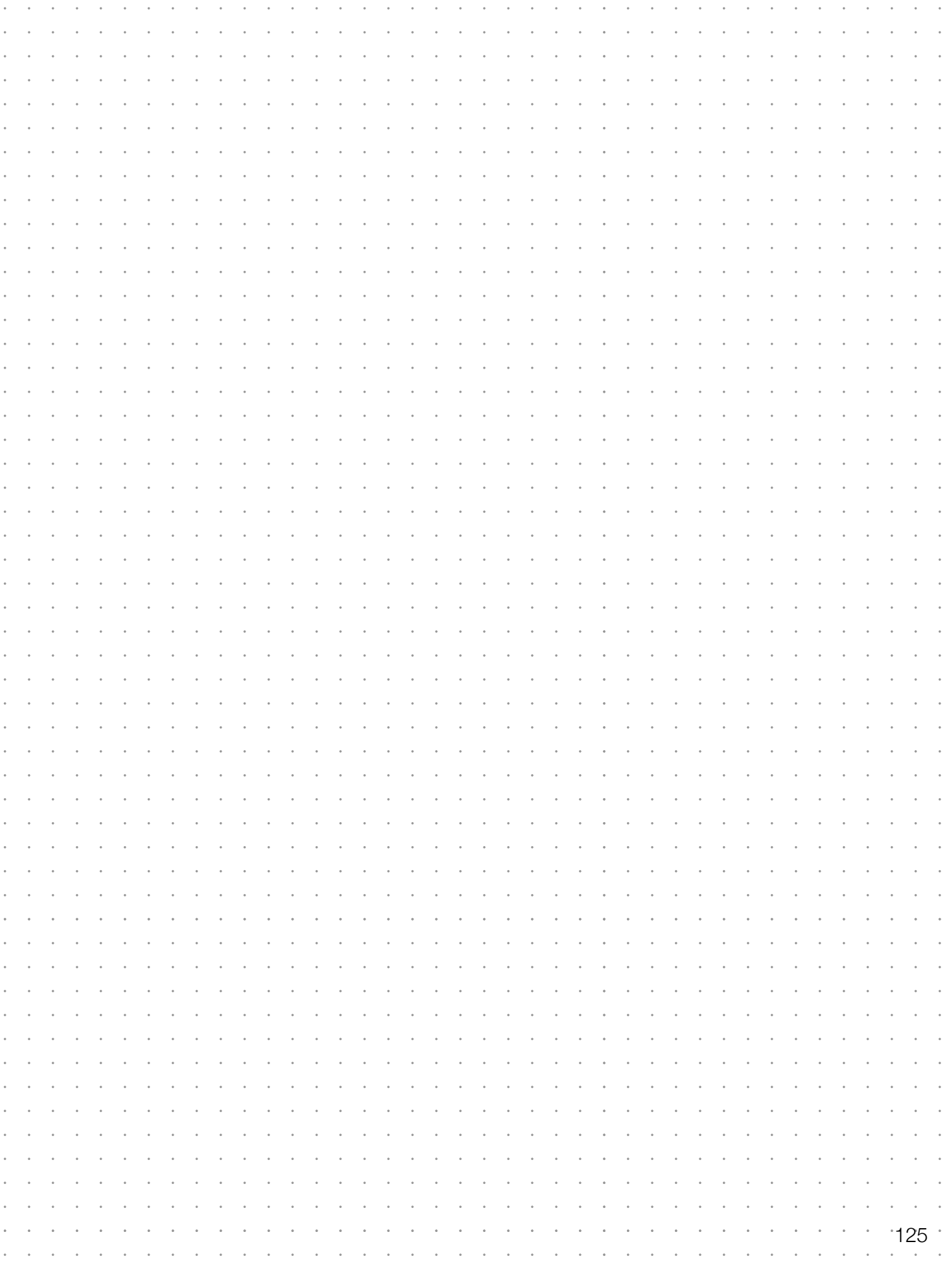


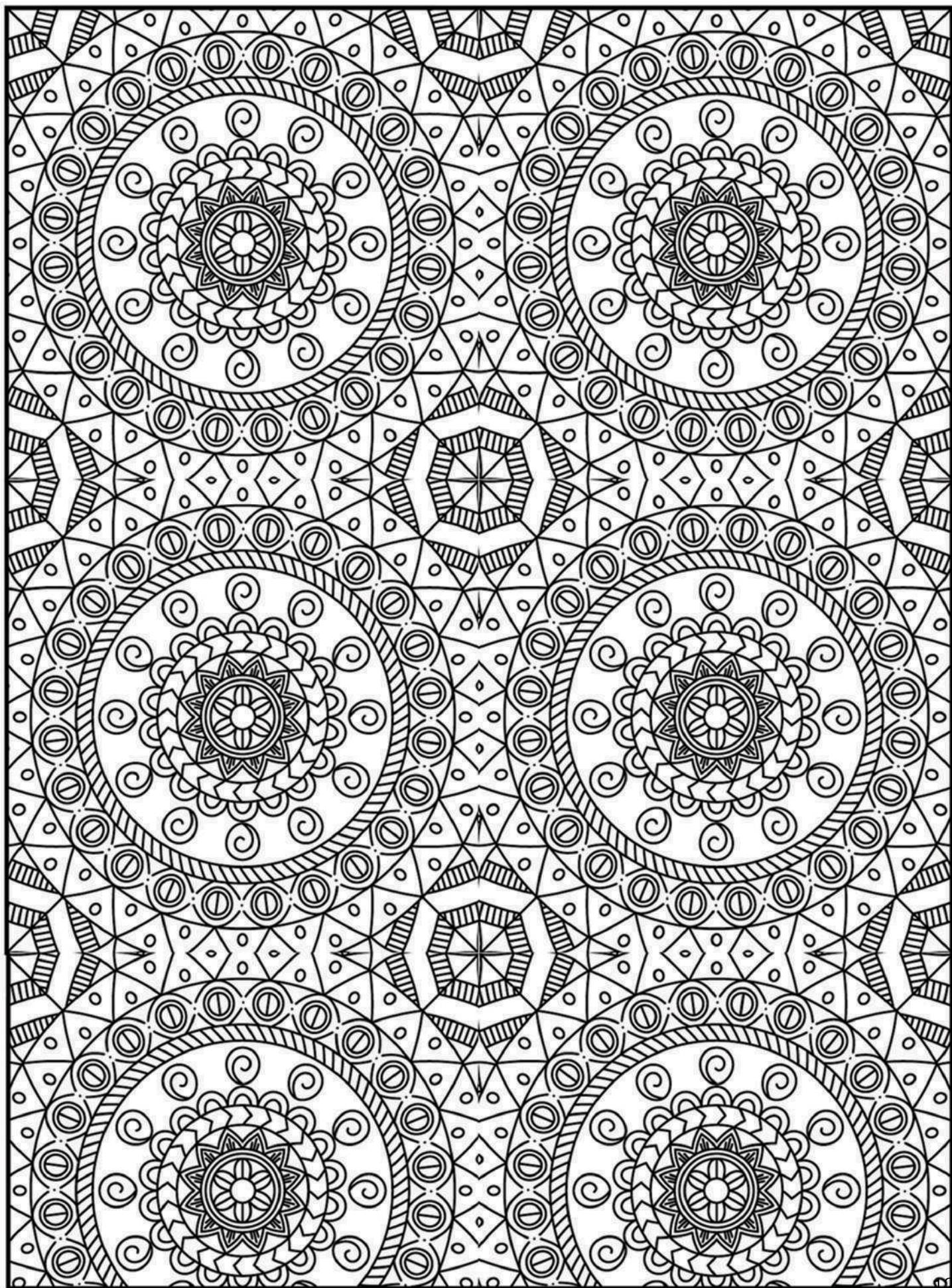














Time to reflect

You have been tracking your sleep habits for 30 days now.

What have you learned about your sleep?

What changes will you make to help you sleep better next month?

Take some time to write down your thoughts and plans on the following pages.



