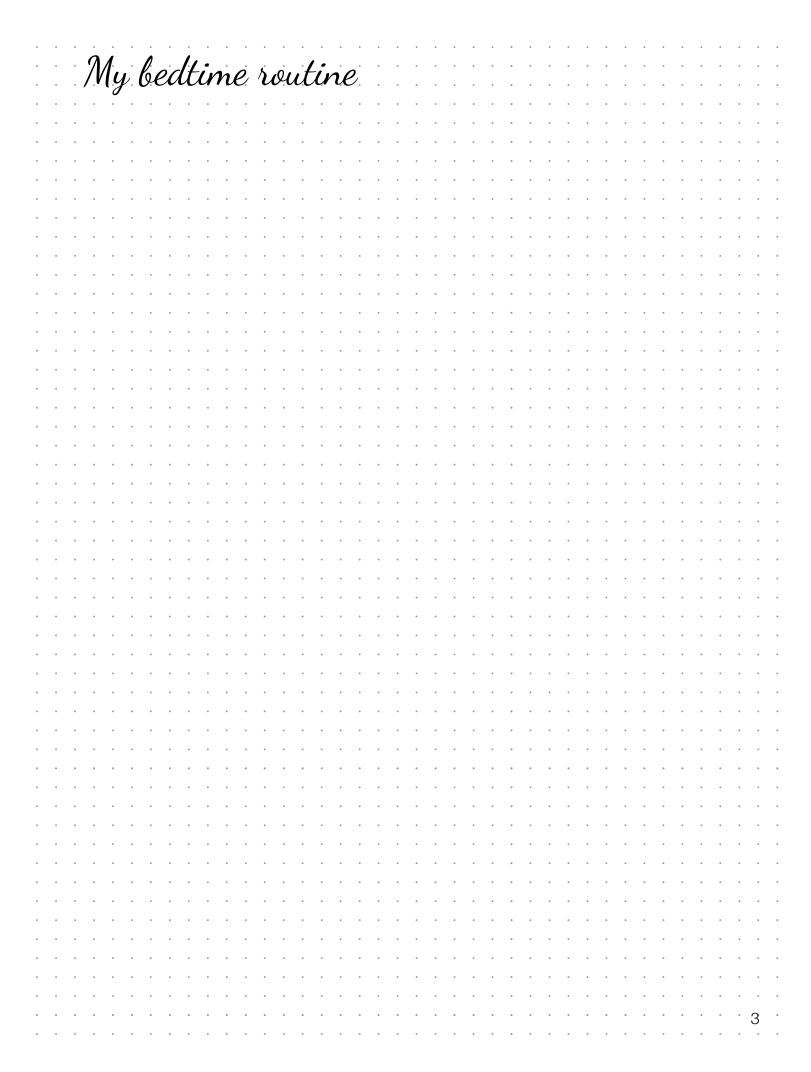


#### Contents

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



#### Sleep tracker for the month of:

	Hours slept	Alertness	Mood
Monday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	12345678910	12345
Tuesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	12345678910	12345
Wednesday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	12345678910	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
Sunday	1 2 3 4 5 6 7 8 9 10 11 12 13 14	12345678910	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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	12345
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 - toda	ys c	date:								
What time did you go to bed last nigh	t?		• •							
			• •	• •	• •	• •	• •	• •		
			• •	• •	• •	• •				
What time did you wake up this morn	ng?		• •	• •	• •	• •	• •			
	• • •	• • • •		•						
Did you fall asleep easily?			• •							
					•	• •				
			• •							
What time did you last have caffeine b	efore yo	ou went t	o bed?	•	•	• •			• •	
What time did you last eat before bed	 ? What v	 was∙it? ·		• •				• •		
				• •	• •	• •	• •	• •	• •	
			• •							
Did you exercise yesterday?				• • •			• •	• •		• •
Did you exercise yesterday?	· · · · · · · · · · · · · · · · · · ·									
Did you exercise yesterday?  Did you use a sleep aid to fall asleep?										

How many times did you wake	up during	the nig	ht?	 		 	
				 • •	• • •	 	
How long were you awake for?				 		 	
				 • •		 • •	
What disturbed your sleep?				 		 	
will disturbed your sleep:				 		 	
				 • •		 • •	• • •
What did you do while you were	awake?			 		 	
				 • •		 • •	
	• • • •			 • •		 	
How long were you asleep for a	ltogether?	?		 		 	
How do you feel this morning?				 		 • •	
Any other thoughts:				 		 	
				 • •		 	
				 		 	7
							/

How many times did yo	ou wake up du	ring th	ne ni	ght?		• •	٠		 ٠	 ٠	• •	٠
			٠						 ٠			٠
			٠						 ٠			٠
How long were you awa	oko for2		٠				٠		 ٠	 ٠		٠
now long were you awa	ake for:		٠				٠		 ٠	 ٠		٠
	• • • • •		٠		• •		٠		 ٠	 ٠	• •	٠
			٠									
			٠						 ٠			٠
What disturbed your slo	een?		٠				٠		 ٠	 ٠		٠
· · · · · · · · · · · · · · · · · · ·			•				٠		 ٠	 ٠		٠
			٠				٠		 ٠	 ٠		٠
	• • • •	• • •	•				٠		 ٠	 ٠	• •	٠
What did you do while	vou were awal	(e? ·							 ٠			
							٠		 ٠	 ٠		٠
			٠				٠		 ٠	 ٠		٠
			٠				٠		 ٠	 ٠		٠
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How long were you asle	eep for altoget	her?							 ٠			
							٠			 ٠		٠
			٠						 ٠			٠
			٠				٠		 ٠	 ٠		٠
			٠				٠		 ٠	 ٠		٠
How do you feel this m	orning?		٠				٠	• •	 ٠	 ٠	• •	٠
			٠						 ٠			٠
							٠		 ٠	 ٠		٠
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			•				•		 ٠	 •		٠
Any other thoughts:									 ٠	 ٠		٠
			•				٠		 ٠	 ٠		٠
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			•				٠		 ٠	 ٠		٠
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			٠				٠		 ٠	 ٠		٠
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										 ٠		٠

How many times did you wake up during the night?	
ow long were you awake for?	
/hat disturbed your sleep?	
/hat did you do while you were awake?	
ow long were you asleep for altogether?	
· · · · · · · · · · · · · · · · · · ·	
low do you feel this morning?	
ow do you reer this morning:	
ny other thoughts:	

Sleep Diary - todays	s date:		 • •	 	• •	• • •
What time did you go to had last night?		, , , ,	 	 		
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	e you went t	o bed?	 	 	• •	
			 	 	• •	
What time did you last eat before bed? Wh	at 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?			 ٠		 ٠	 ٠
			 ٠			
			 ٠		 ٠	 ٠
How long were you awake for?			 ٠		 ٠	 ٠
low long welle you awake for:		• •	 ٠		 ٠	 ٠
					 ٠	
			 ٠		 ٠	 ٠
Vhat disturbed your sleep?			 ٠		 ٠	 ٠
			 ٠		 ٠	 ٠
			 ٠		 ٠	
			 ٠		 ٠	 •
Vhat did you do while you were awake?			 ٠		 ٠	 ٠
	• • •		 ٠	• •	 ٠	 ٠
			 ٠		 ٠	
low long were you asleep for altogether?			 ٠		 ٠	
iom iond meie you asieeb ioi aitoderiiei:			 ٠		 ٠	 •
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low do you feel this morning?			 ٠		 ٠	
			 ٠		 ٠	 ٠
			 ٠		 ٠	 ٠
			 ٠		 ٠	
			 ٠		 ٠	
			 •		 •	 ٠
iny other thoughts:						
			 ٠		 ٠	
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	• • •	• •	 ٠		 ٠	
					 •	 •
					 •	 •
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			 ٠		 ٠	
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Sleep Diary - today's o	late:	•			 •		٠	 •		• •
What time did you go to had last night?				•	 •	•		 •		• •
What time did you go to bed last night?		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
What time did you wake up this morning?		•		•	 •		٠	 •		• •
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠		٠				
		٠			 ٠	٠		 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
vid you fall asleep easily?		٠			 ٠	٠		 ٠		
		٠		٠	 ٠	٠	٠			
		٠		٠	 ٠	٠	٠	 ٠	•	• •
Vhat time did you last have caffeine before yo	ou went t	o be	d?							
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
		٠								
/hat time did you last eat before bed? What v	was it?	٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠		٠				
				٠	 ٠	٠	٠			
		٠		٠	 ٠	٠	٠	 ٠		
Oid you exercise yesterday?		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠	•	
Old you use a sleep aid to fall asleep?		٠								
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠	٠	 ٠		
		٠		٠	 ٠	٠		 ٠		
		۰			 ٠	٠	-	 •		
				٠						

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?	How many times did you wake up during the nigh	t? · ·	 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?	How long were you awake for?	• • •	 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?			 	 
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?	What disturbed your sleep?		 	 
How long were you asleep for altogether?  How do you feel this morning?			 	 
How long were you asleep for altogether?  How do you feel this morning?			 	 
How long were you asleep for altogether?  How do you feel this morning?			 	 
How long were you asleep for altogether?  How do you feel this morning?			 	 
How do you feel this morning?	What did you do while you were awake?		 	 
How do you feel this morning?		• • •	 	 
How do you feel this morning?			 	 
How do you feel this morning?			 	 
How do you feel this morning?	Haw long ware you adoon for altogether?		 	 
	How found were you asteeb for altoderilets		 	 
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	How do you feel this morning?		 	 
Any other thoughts:			 • •	 
Any other thoughts:			 	 
Any other thoughts:			 	 
Any other thoughts:			 	 
Any other thoughts:			 	 
Any other thoughts:			 	 
Any other thoughts:			 	 
	Any other thoughts:		 	 
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		• • •	 • •	 

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How many times did you wake up during the night?	
ow long were you awake for?	
/hat disturbed your sleep?	
/hat did you do while you were awake?	
ow long were you asleep for altogether?	
· · · · · · · · · · · · · · · · · · ·	
low do you feel this morning?	
ow do you reer this morning:	
ny other thoughts:	

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How many times did you wake up during the night?			 ٠		 ٠	 ٠
			 ٠			
			 ٠		 ٠	 ٠
How long were you awake for?			 ٠		 ٠	 ٠
low long welle you awake for:		• •	 ٠		 ٠	 ٠
					 ٠	
			 ٠		 ٠	 ٠
Vhat disturbed your sleep?			 ٠		 ٠	 ٠
			 ٠		 ٠	 ٠
			 ٠		 ٠	
			 ٠		 ٠	 •
Vhat did you do while you were awake?			 ٠		 ٠	 ٠
	• • •		 ٠	• •	 ٠	 ٠
			 ٠		 ٠	
low long were you asleep for altogether?			 ٠		 ٠	
iom iond meie you asieeb ioi aitoderiiei:			 ٠		 ٠	 •
		• •	 ٠		 ٠	 4
low do you feel this morning?			 ٠		 ٠	
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iny other thoughts:						
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How many times did you wake up during the night?	
How long were you awake for?	
tiow 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?	
· · · · · · · · · · · · · · · · · · ·	
November the unabter	
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?	
what time did you wake up this morning:	
Did you fall asleep easily?	
What time did you last have caffeine before you went to	o 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?	
tiow 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?	
· · · · · · · · · · · · · · · · · · ·	
November the unabter	
Any other thoughts:	

Sleep Diary - today	sd	at	e:												•
What time did you go to bed last night?		٠			•		•	٠	•	•	٠		•		
		٠		٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
									٠						
What time did you wake up this morning	ı? · ·	٠		٠		 ٠	٠	٠	٠	٠		٠			
· · · · · · · · · · · · · · · · · · ·		٠		٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
		٠		٠			٠		٠	٠	٠	٠			
Did you fall asleep easily?		٠		٠		 ٠	٠	٠	٠	٠	٠	٠	٠		
· · · · · · · · · · · · · · · · · · ·															
		٠		٠	•	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
		٠		٠	•	 ٠	٠	٠	٠	٠		٠	٠		٠
المنافعة الم				۔ اُد	ำ										
What time did you last have caffeine befo	ore you	ı we	ut to	рė	ġġ.	 ٠	٠	٠	٠	٠	٠	٠	٠		
				٠			٠		٠	٠	٠	٠	٠		
		٠		٠	٠	 ٠	٠	٠	٠			٠	٠		٠
				٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
What time did you last eat before bed? W	/hat wa	as it													
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		٠	• •	٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
Did you exercise yesterday?		٠		٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
		٠		٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠		٠
				٠			٠		٠			٠			
Did you use a sleep aid to fall asleep?		٠		٠	٠	 ٠	٠	٠	٠	٠	٠	٠	٠	• •	٠
							٠				٠	٠	•		
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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?	• • •	• • •	 	• • •	
	• • •		 		
Join lang word you adoon for although by?			 		
How long were you asleep for altogether?			 		
			 	• • •	
How do you feel this morning?			 		
	• • •		 		• •
· · · · · · · · · · · · · · · · · · ·			 		• •
Any other thoughts:			 		
	• • •	• • •	 • •	• • •	

Sleep Diary - today	ys da	rte	•	•			•		•	 •	
What time did you go to had lost night?				•			•				
What time did you go to bed last night?				٠			٠		٠	 ٠	
				•							
	• • •	• •		٠	 ٠	٠	٠	 ٠	٠	 ٠	
What time did you wake up this mornin	na? · · ·			•							
what time did you wake up tims morning	19:			٠	 ٠	٠	٠	 ٠	٠	 ٠	
				•						 ٠	
				٠		٠	٠		٠	 ٠	
Did you fall asleep easily?				٠	 ٠	٠		 ٠	٠	 ٠	
				٠	 ٠	٠	٠	 ٠	٠	 ٠	
				•						 •	
What time did you last have caffeine be	ofore voice	vont	to h	oy5		٠	٠		٠	 ٠	
vinat time dia Jou iast nave cameine pe	ioie you v	Aciir	io b	eų:	 •	٠		 •	•	 •	
		• •		٠	 ٠	٠	٠	 ٠	٠	 ٠	
What time did you last eat before bed?	What was	· i+?									
· · · · · · · · · · · · · · · · · · ·	· · · ·			٠	 ٠	٠		 ٠	٠	 ٠	
				٠	 ٠					 ٠	
				٠	 ٠	٠		 ٠	٠	 ٠	
Did you exercise yesterday?		• •		٠	 ٠	٠	٠	 ٠	٠	 ٠	
				•							
				٠	 ٠	٠	٠	 ٠	٠	 ٠	
				٠	 ٠	٠	٠	 ٠	٠	 ٠	
Did you use a sleep aid to fall asleep?											
pin hon nze a zieeb ain to jaji azieeb:		• •		٠	 ٠	٠	٠	 ٠	٠	 ٠	
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		• •		٠	 ٠	٠	٠	 ٠	٠	 ٠	
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How many times did you wake up during the nigh	it?	 			0 0 0
How long were you awake for?		 		• •	
low long welle you awake for:		 	• •		• • • •
What disturbed your sleep?		 			
What did you do while you were awake?		 	• •		• • • •
How long were you asleep for altogether?		 			
itom found mere you asteeb for attodefiles.		 			• • • •
How do you feel this morning?		 			
		 			• • • •
		 	• •		• • • •
Any other thoughts:		 			
		 			• • • •

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Sleep Diary - today's	dat	e:	٠												•	٠
	• •				•	•		•								
What time did you go to bed last night?	• •		٠	٠	۰	•	•	•	•	•	٠	•			٠	٠
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			٠	٠	۰	•	•	•	•	•	•	•			٠	٠
What time did you wake up this morning?															•	
what time did you wake up this morning:			٠	٠	٠		•	•	•	•	•	٠			٠	٠
															•	
			٠	٠			•	•	•	•		•			٠	٠
Did you fall asleep easily?			٠													
			٠	٠			•	•	•						٠	٠
				•			•	•	•		•	•			•	٠
			٠												•	
What time did you last have caffeine before y	ou we	nt to	be	d?	٠	•	•	•	٠	٠	•	٠			٠	٠
								•								
			٠	٠	٠	٠	•	•	•	•	•	•			٠	٠
What time did you last eat before bed? What	was it	? .	٠	٠	٠		•	•	•			٠			٠	٠
			٠	٠	۰										٠	٠
				٠	۰			•							٠	
			٠	٠	۰	٠	٠	•	•	•	٠	٠	•		٠	٠
Did you exercise yesterday?								•								
			٠	٠	٠		•	•	•	•		٠			٠	٠
								•							٠	٠
Did you use a sleep aid to fall asleep?			٠	٠											٠	٠
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/hat disturbed your sleep?					 ٠	 ٠	 	٠	
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ow long were you asleep for a	Itogether?				 ٠	 ٠	 	٠	
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How many times did you wake up during the night?	
How long were you awake for?	
tiow 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?	
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Any other thoughts:	

Sleep Diary -		uyo	· M	al	e.	٠		٠	٠	•	•		•		•	• •	•	
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Did you fall asleep easily?						٠		٠	٠				٠	٠	٠		٠	
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How many times did you wake I	up during t	he nig	ght?		 ٠		 	٠	 ٠
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	Sleep Diary - to	oday	s d	ate	).		0		•							•	•
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•	Did you fall asleep easily?			• •	•		•	• •	•				٠			•	•
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How many times did you wake up during the nig	jht?			 	
How long were you awake for?				 	
tiow long welle you awake for:		• • •		 	• • • •
What disturbed your sleep?				 	• • • •
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What did you do while you were awake?				 	
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How many times did you wake up during the night?			 		
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How long were you awake for?			 		
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How many times did you wake I	up during t	he nig	ght?		 ٠		 	٠	 ٠
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How many times did you wa	ake up during	g the i	night	?		•	•	 •	 ٠	 ٠	٠
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Vhat disturbed your sleep?								 ٠	 ٠	 ٠	
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low long were you asleep f	or altogether	r?						 	 ٠	 •	٠
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Sleep Diary - today	isi	dat	e:				٠	٠			•		•
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What time did you go to bed last night?					٠								
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Pid you fall asleep easily?							٠	٠					
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Vhat time did you last eat before bed? \	What v	was it	?		۰	 ٠	٠	٠			٠		٠
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Did you exercise yesterday?					۰	 ٠	٠	٠		•	٠		٠
in you exercise yesterday:					٠	 ٠							
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old you use a sleep aid to fall asleep?	• •					•	٠	٠		•	•	• •	•
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How many times did you wake up during the	night?		• •		 • •	• • • •
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Vhat disturbed your sleep?					 	
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ow long were you asleep for altogether?					 	
low do you feel this morning?					 	
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How many times did	d you wake up durir	ng the night	? · · ·	 	
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/hat disturbed you	r sleep?			 	
Vhat did you do wh	nile you were awake	?		 	
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What time did you wake up this morning	]?											•	
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Did you fall asleep easily?							٠	٠	٠			٠	
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What time did you last eat before bed? V	Vhat was it?	• •			•		•	•	•		•		•
What time did you last eat before bed? V	Vhat was it?		• •	•			•	•	•		•	•	•
What time did you last eat before bed? V	Vhat was it?			•			•	•	•		•	•	•
What time did you last eat before bed? V	Vhat was it?								•				
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Did you exercise yesterday?	Vhat was it?												
Did you exercise yesterday?	Vhat was it?												
What time did you last eat before bed? V  Did you exercise yesterday?  Did you use a sleep aid to fall asleep?	Vhat was it?												
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Did you exercise yesterday?	Vhat was it?												

How many times did you wa	ake up during	g the i	night	?		•	•	 •	 ٠	 ٠	٠
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Vhat disturbed your sleep?								 ٠	 ٠	 ٠	
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Vhat did you do while you v	were awake?								 ٠	 ٠	
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low long were you asleep f	or altogether	r?						 	 ٠	 •	٠
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How do you feel this mornir	າg? · · · ·			٠		•	•	 •	 •	 ٠	۰
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How many times did you wake up during the	night?		• •		 • •	• • • •
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Vhat disturbed your sleep?					 	
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low do you feel this morning?				 		
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Sleep Diary - today	9 <sub>.</sub> C	la	te:			•									٠	٠	۰
What time did you go to bed last night?			٠		٠	٠			٠	٠	٠	٠			٠	٠	٠
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What time did you wake up this morning?			٠			٠				٠	٠	٠			٠	٠	٠
. What time did you wake up this morning.	٠		٠		٠	٠		٠	٠	٠	٠	٠	•		٠	٠	٠
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Did you fall asleep easily?	٠		٠		٠	٠		٠	٠						٠		
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What time did you last have caffeine befor	e yc	ju w	eņt t	o þ	ed?					٠			٠				۰
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Did you exercise yesterday?	•		•		•	•		•		•	•	•	•				
Did you exercise yesterday?	•		•			•			•	•	•	•	•				
Did you exercise yesterday?					•					•		•	•				
Did you exercise yesterday?																	
Did you exercise yesterday?  Did you use a sleep aid to fall asleep?																	

How many times did you wake up during the nigh	it?	 			0 0 0
How long were you awake for?		 		• •	
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What disturbed your sleep?		 			
What did you do while you were awake?		 	• •		• • • •
How long were you asleep for altogether?		 			
itom found mere you asteeb for attodefiles.		 			• • • •
How do you feel this morning?		 			
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Any other thoughts:		 			
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How many times did you wake up during the night?	 	•	٠	 ۰	 ٠	٠
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How long were you awake for?	 		٠	 ٠	 ٠	٠
low long welle you awake lot:	 		٠	 ٠	 ٠	٠
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Vhat disturbed your sleep?	 		٠	 ۰	 ٠	٠
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Vhat did you do while you were awake?	 	•	٠	 ٠	 ٠	٠
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How many times did you wake up during the nig	ht?		 ٠	 ٠		 	٠
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How many times did you wake up during the night?			 		
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How long were you awake for?			 		
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Sleep Diary - today	s d	at	e:		0	٠						•	•		
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What time did you go to bed last night?			•		•	٠		٠	٠	٠		٠	•		٠
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What time did you wake up this morning?					٠				٠						٠
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Did you fall asleep easily?												•			
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What time did you last eat before bed? Wh	nat wa	s∙it?			٠	٠		٠	٠	٠		٠			٠
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Did you exercise yesterday?			٠		۰	٠		٠	٠	٠		۰	•		٠
. Did you exercise yesterday:					٠										٠
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Did you use a sleep aid to fall asleep?								٠	٠			•			
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How many times did you wake up during the night?	 	•	٠	 ۰	 ٠	٠
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How long were you awake for?	 		٠	 ٠	 ٠	٠
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Vhat disturbed your sleep?	 		٠	 ۰	 ٠	٠
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Vhat did you do while you were awake?	 	•	٠	 ٠	 ٠	٠
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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?	How many times did you wake up during the nigl	nt? · ·	• •	 		 ٠
What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?				 		
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What did you do while you were awake?  How long were you asleep for altogether?  How do you feel this morning?	What disturbed your sleep?		• •	 		
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How long were you asleep for altogether?  How do you feel this morning?				 		
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How do you feel this morning?	What did you do while you were awake?			 		
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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.

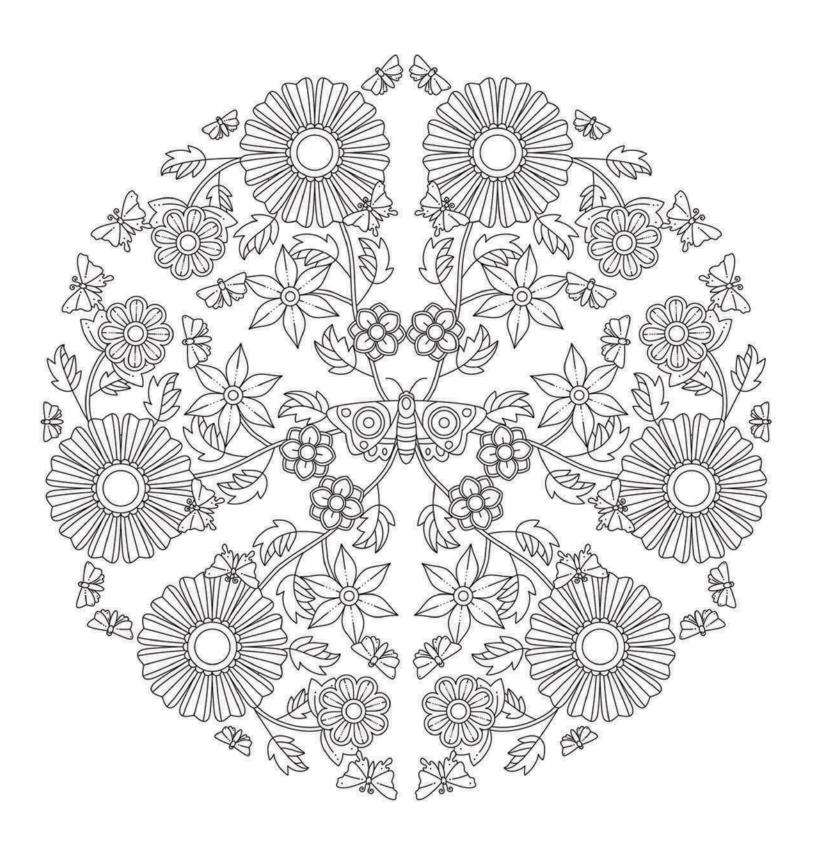
If you need some ideas here are some prompts to try:

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?



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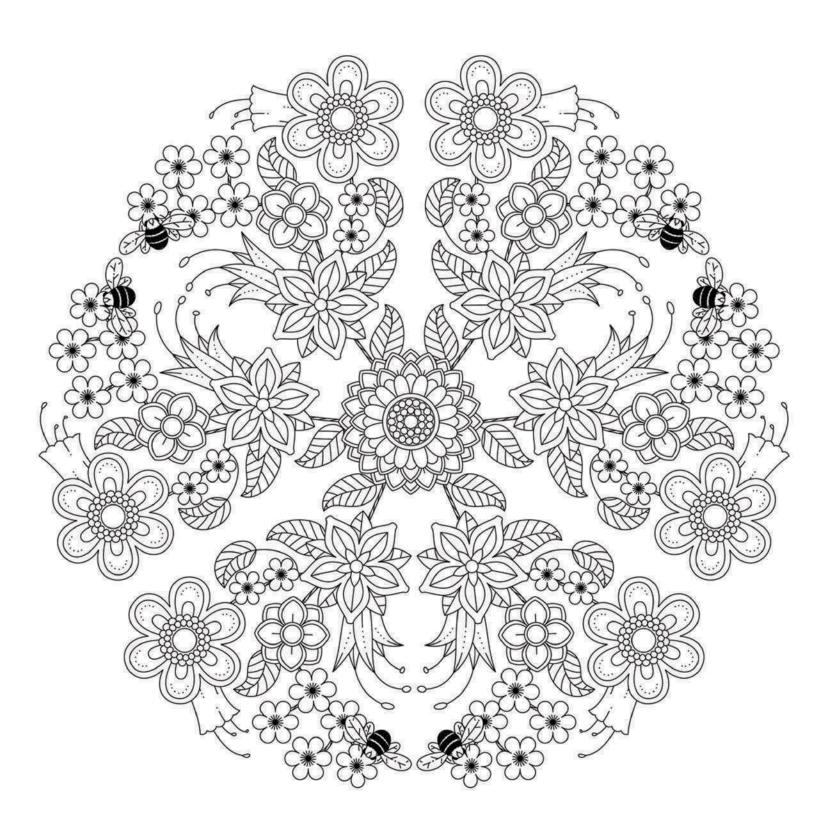
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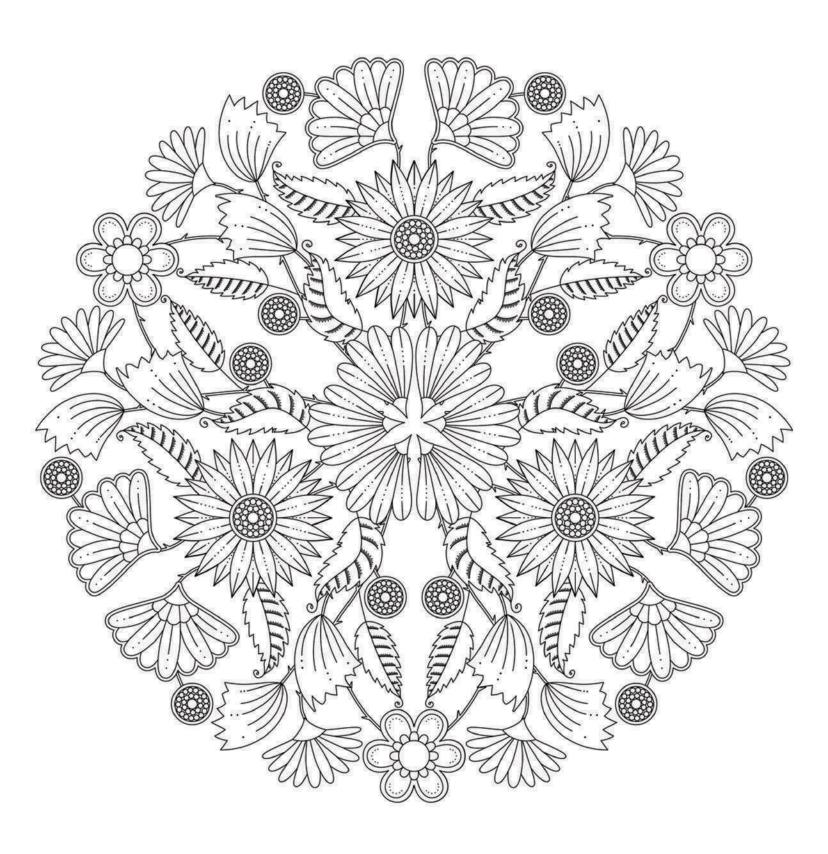
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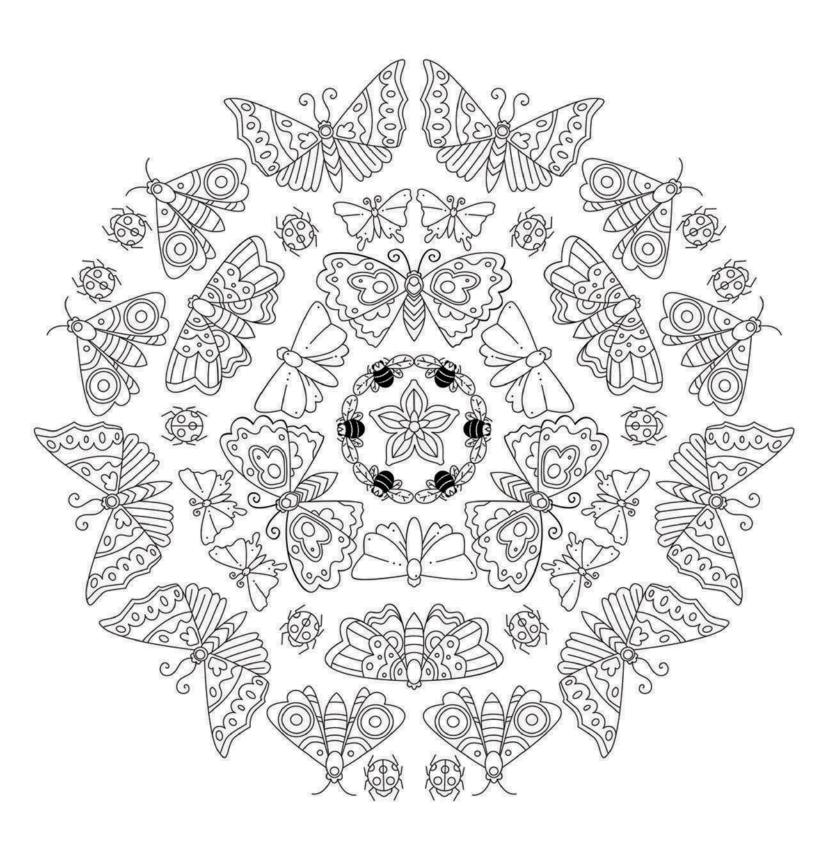
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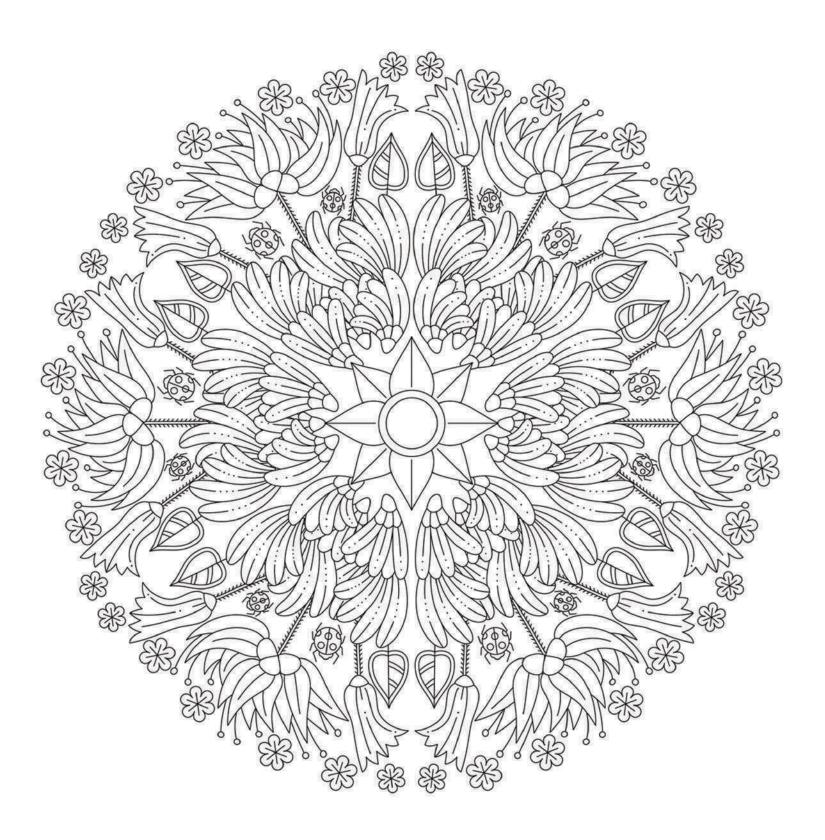
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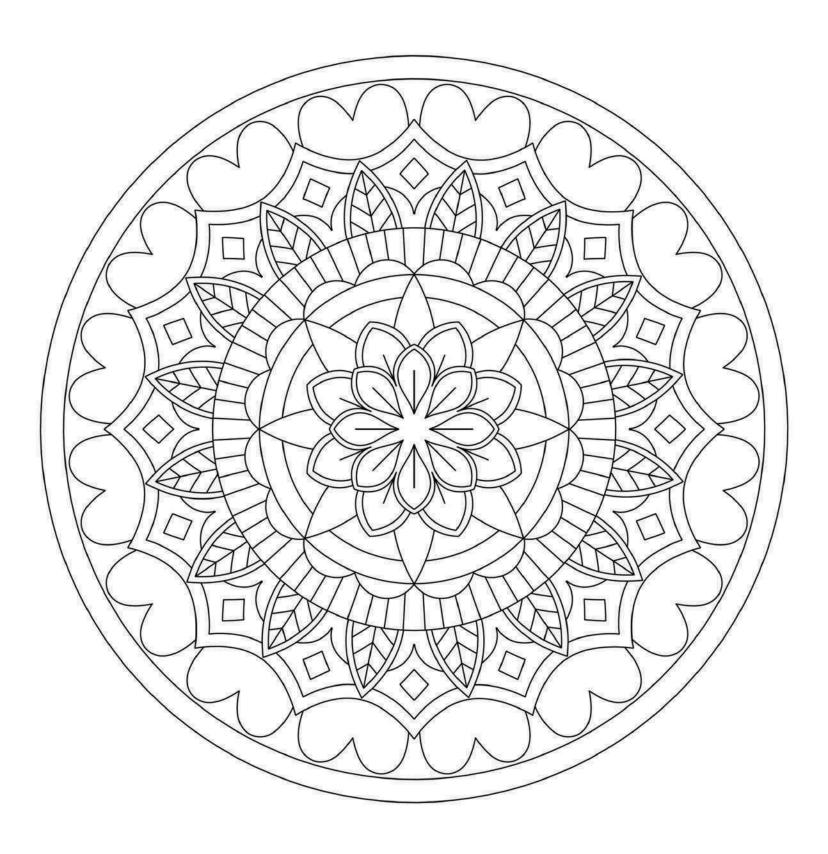
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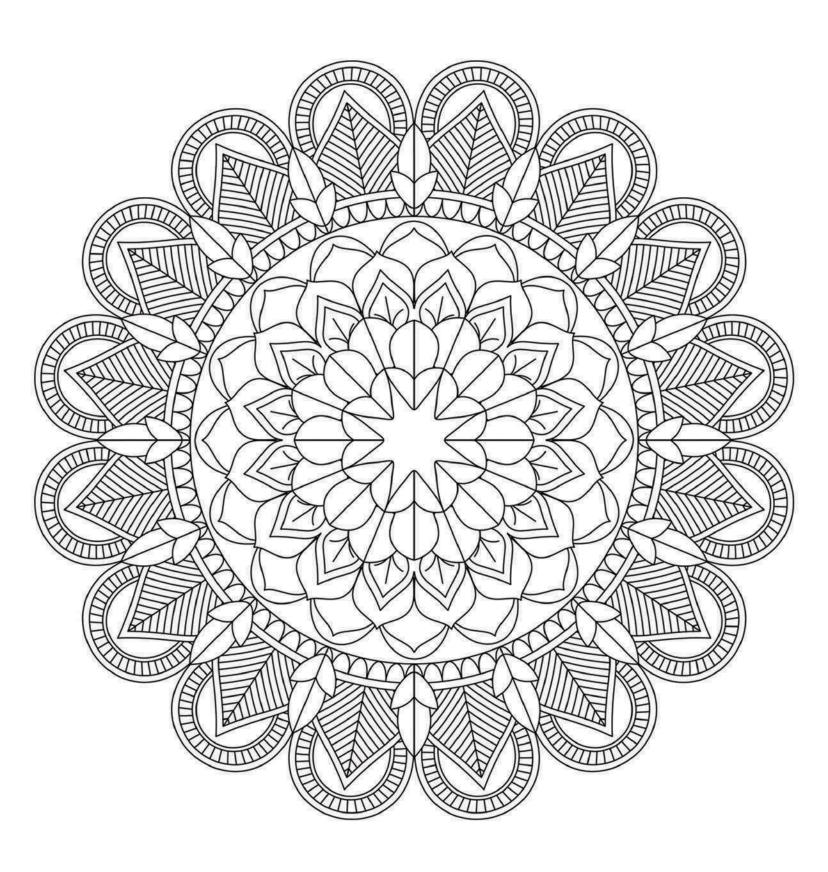
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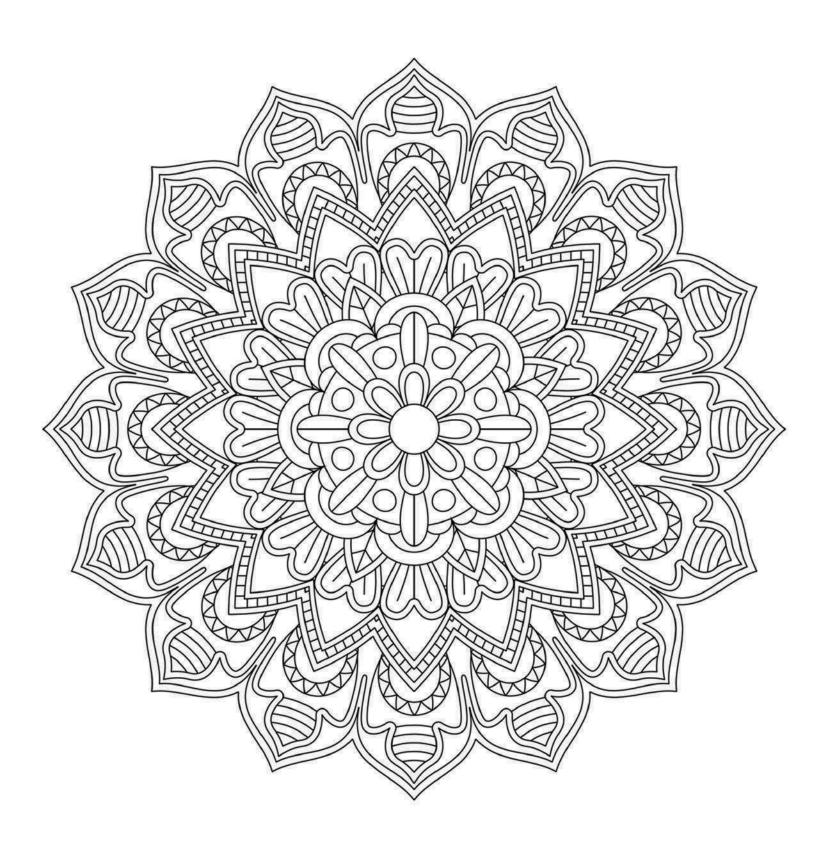
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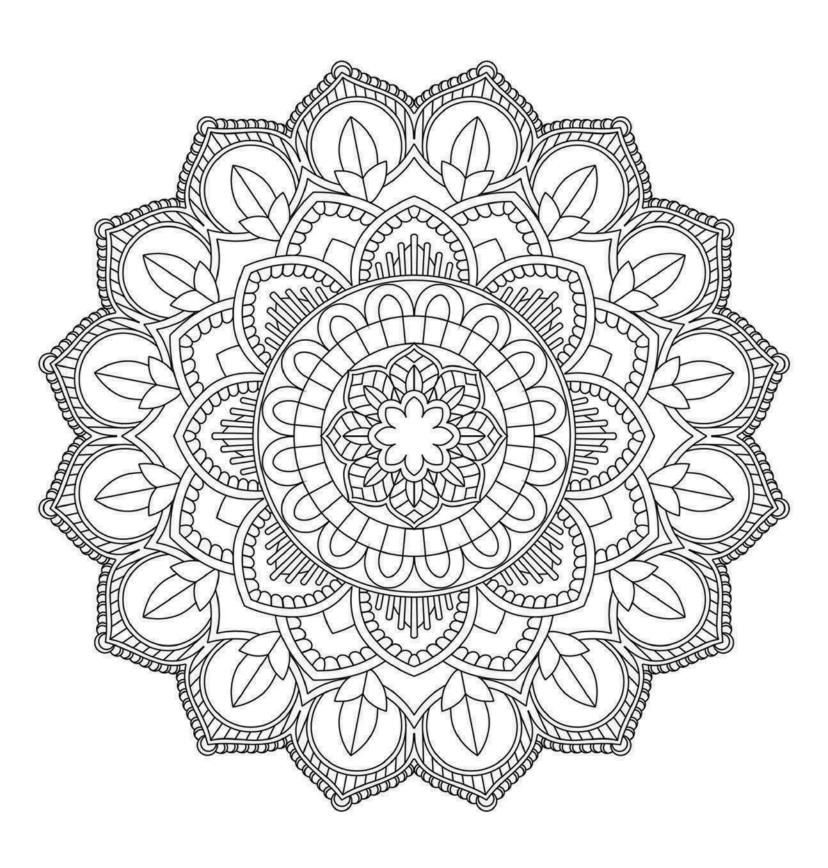
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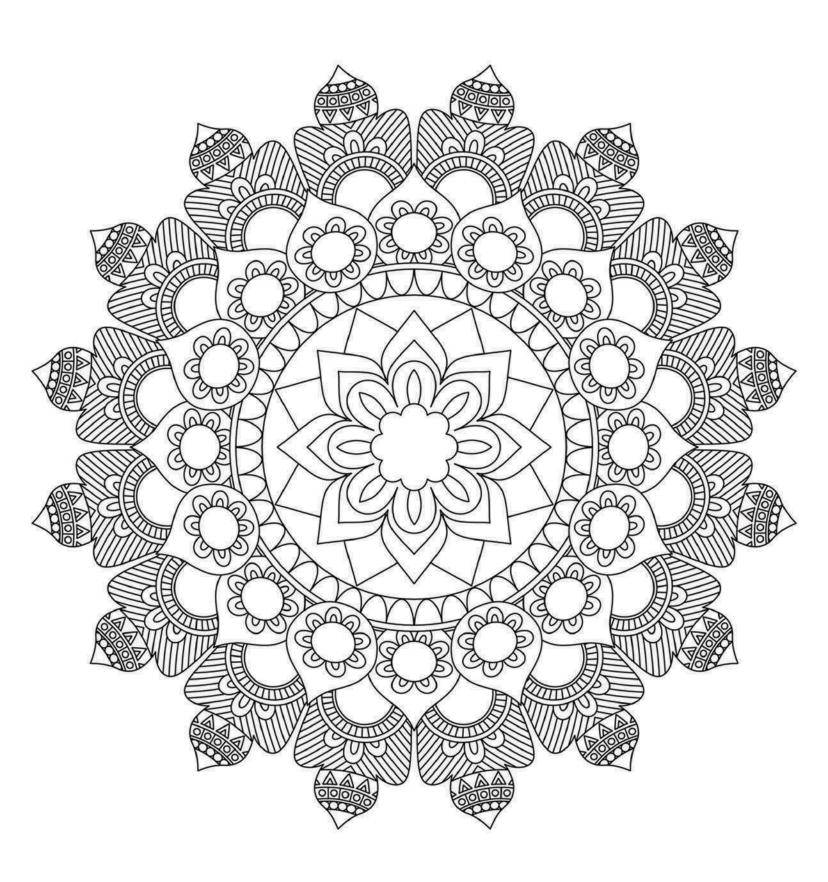
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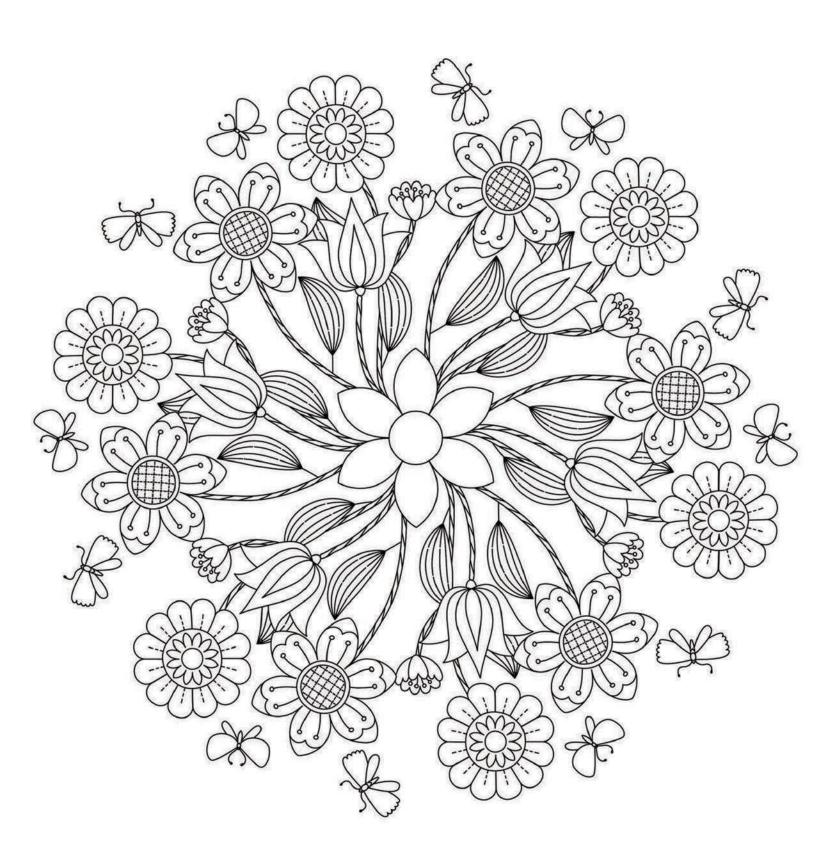
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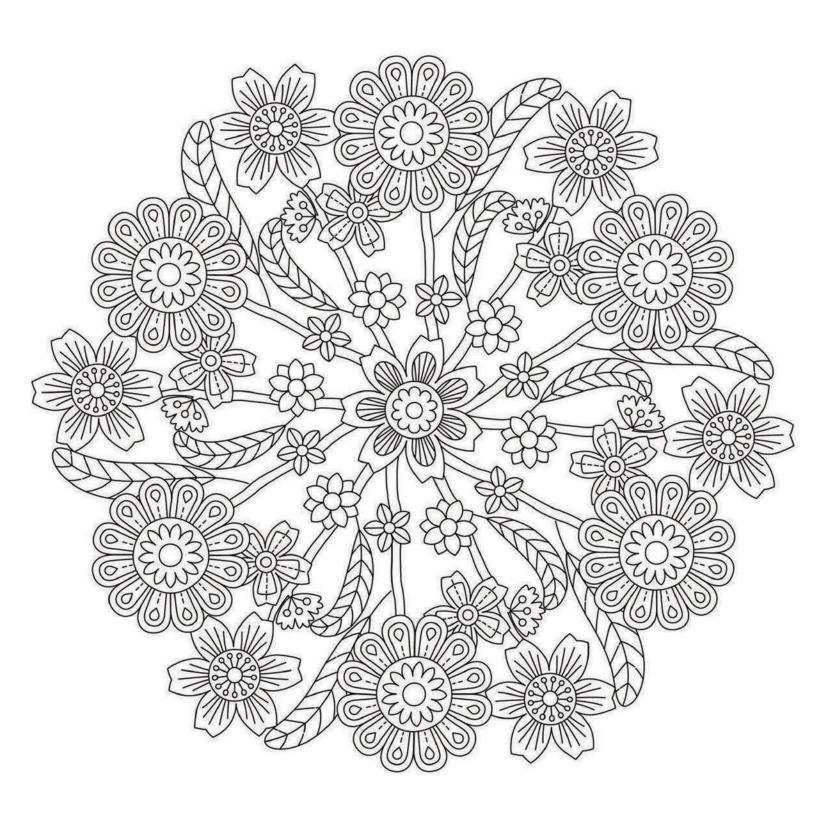
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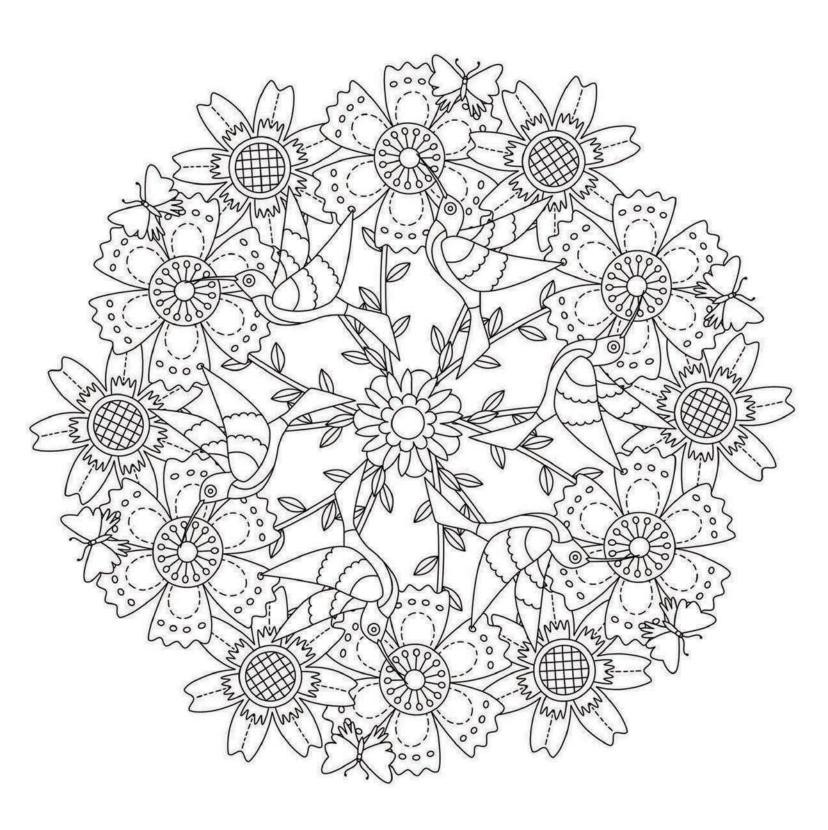
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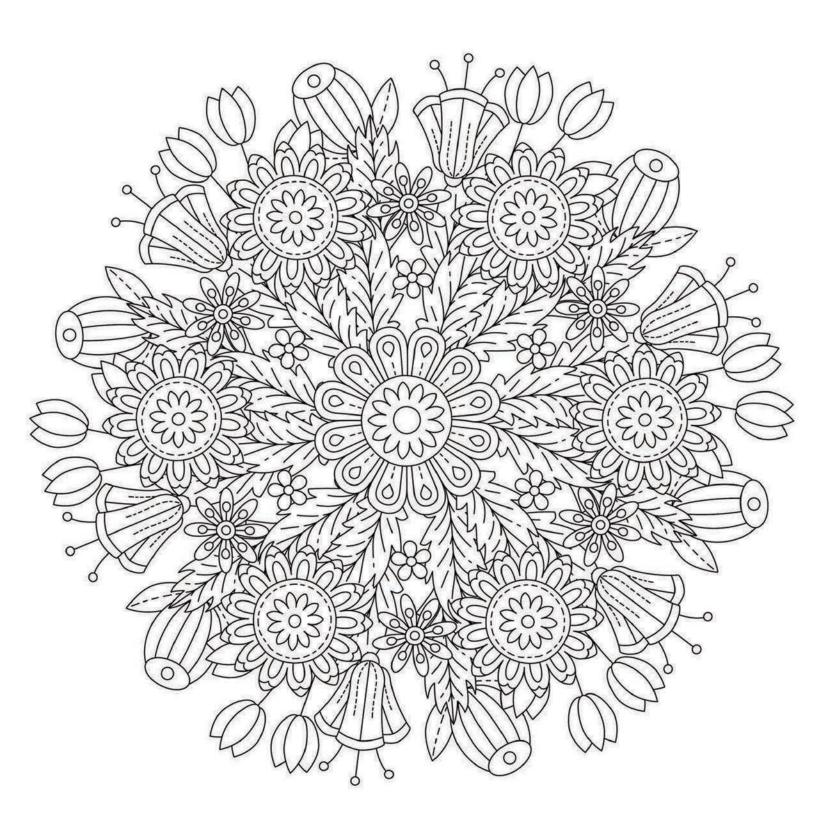
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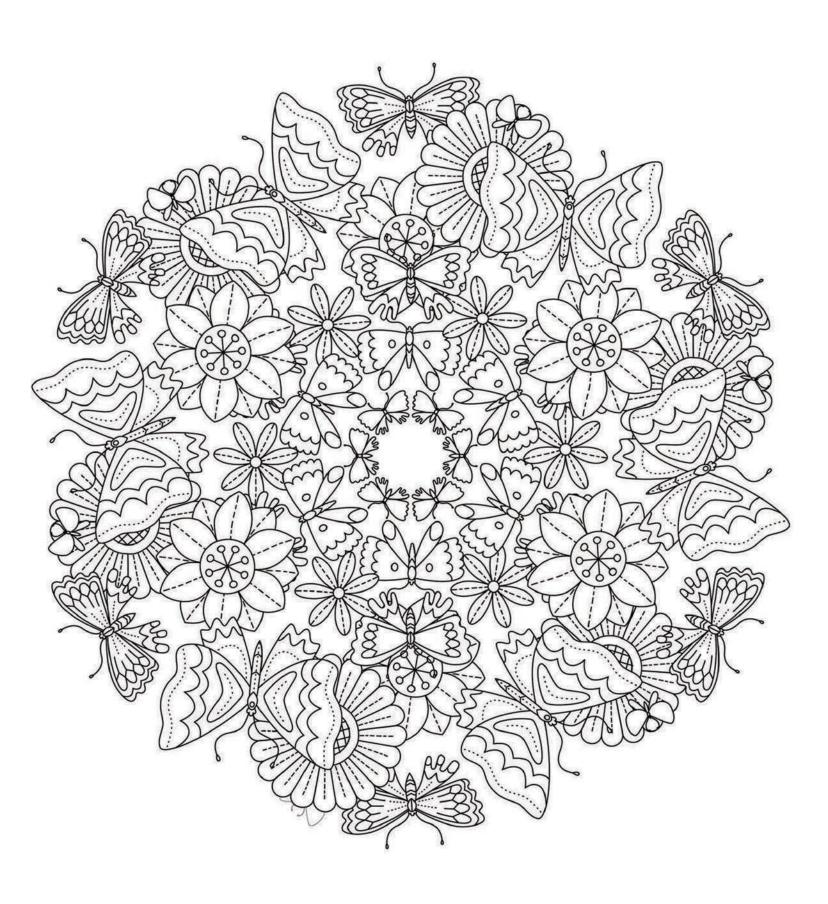
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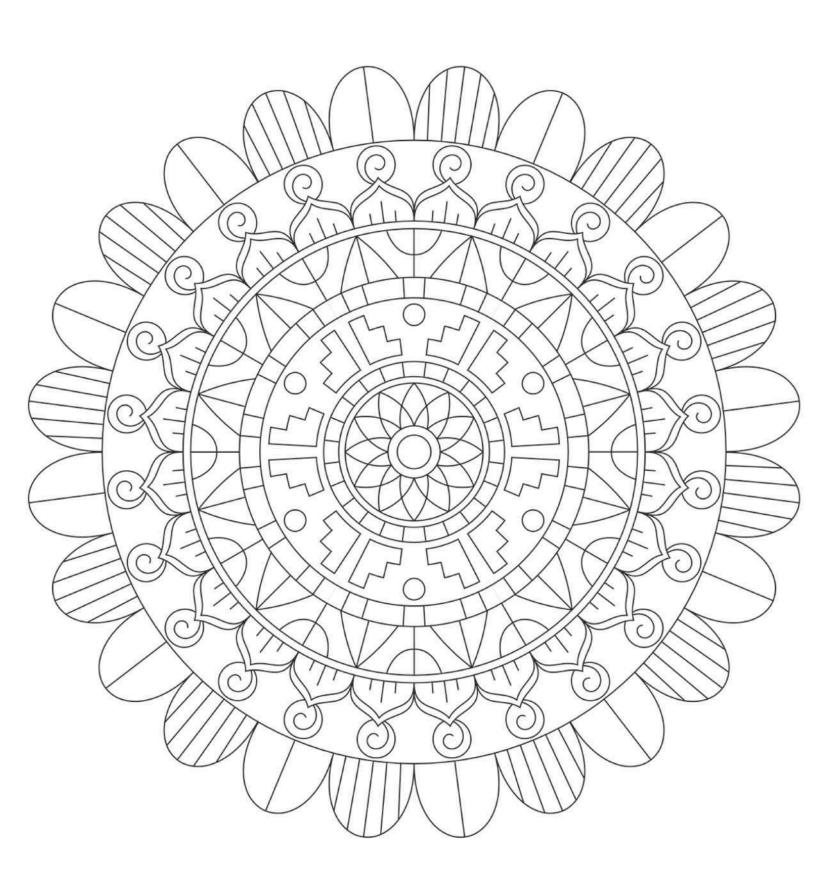
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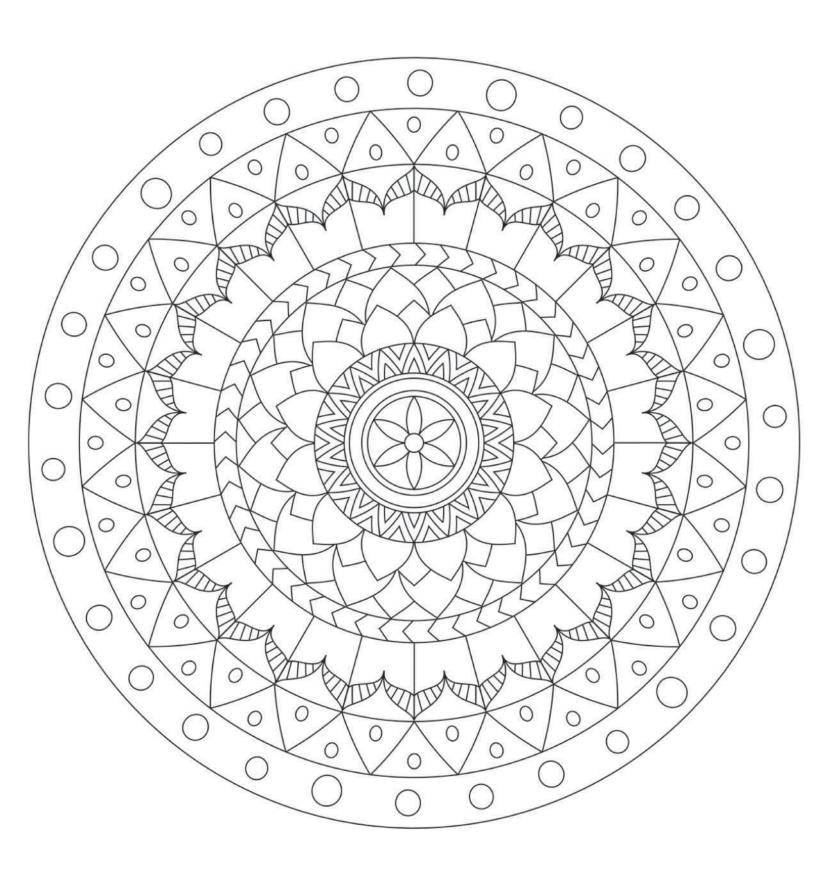
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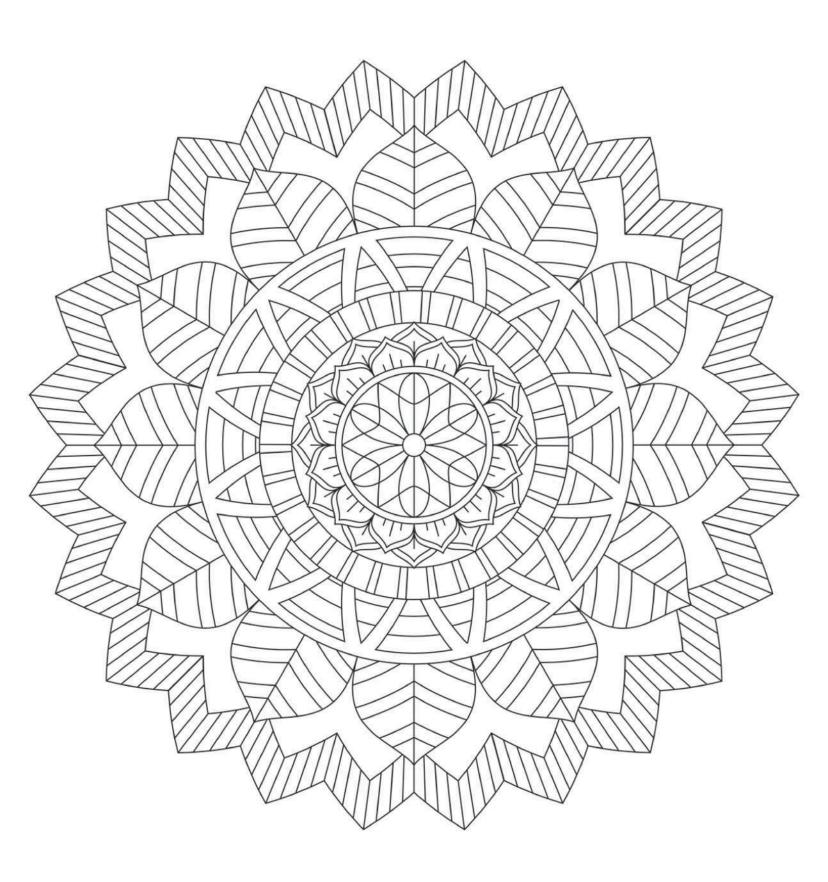
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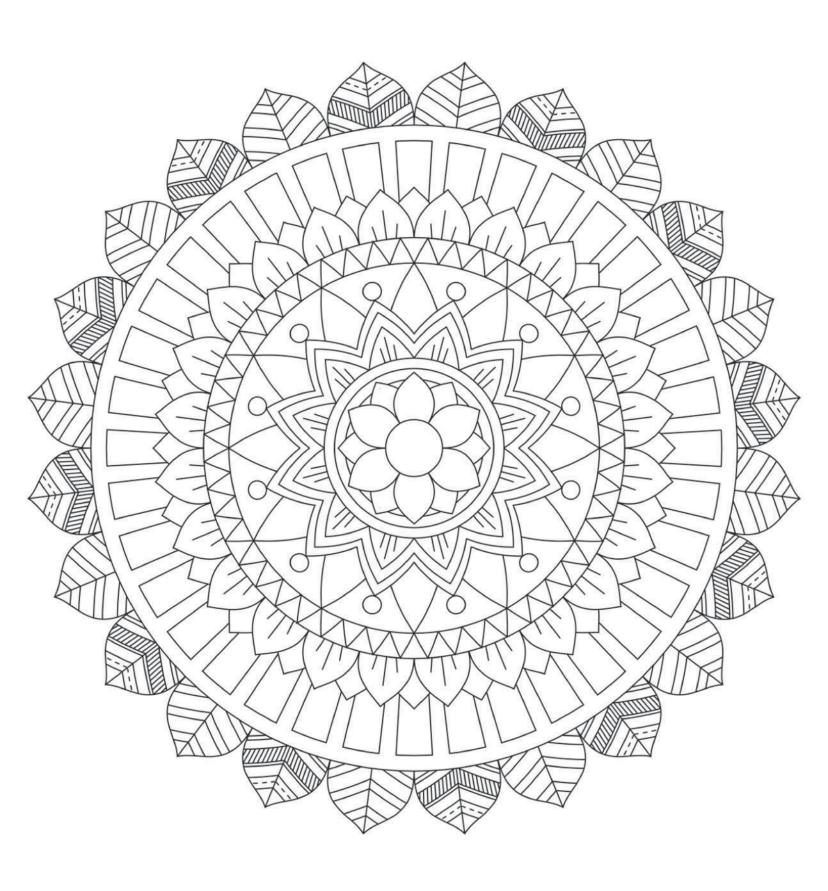
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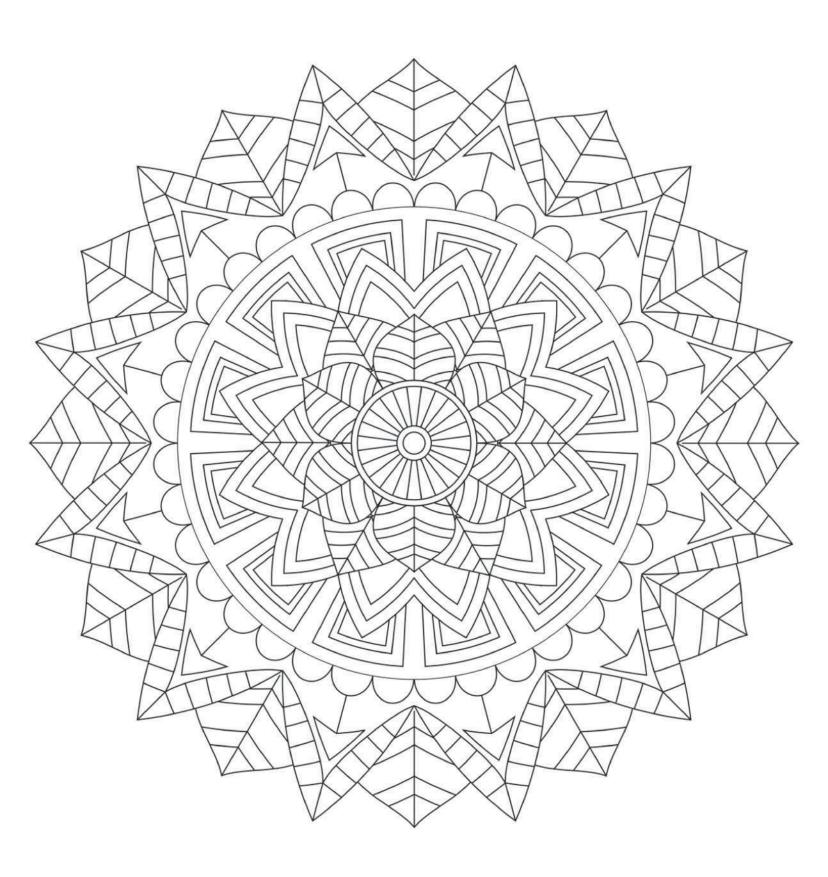
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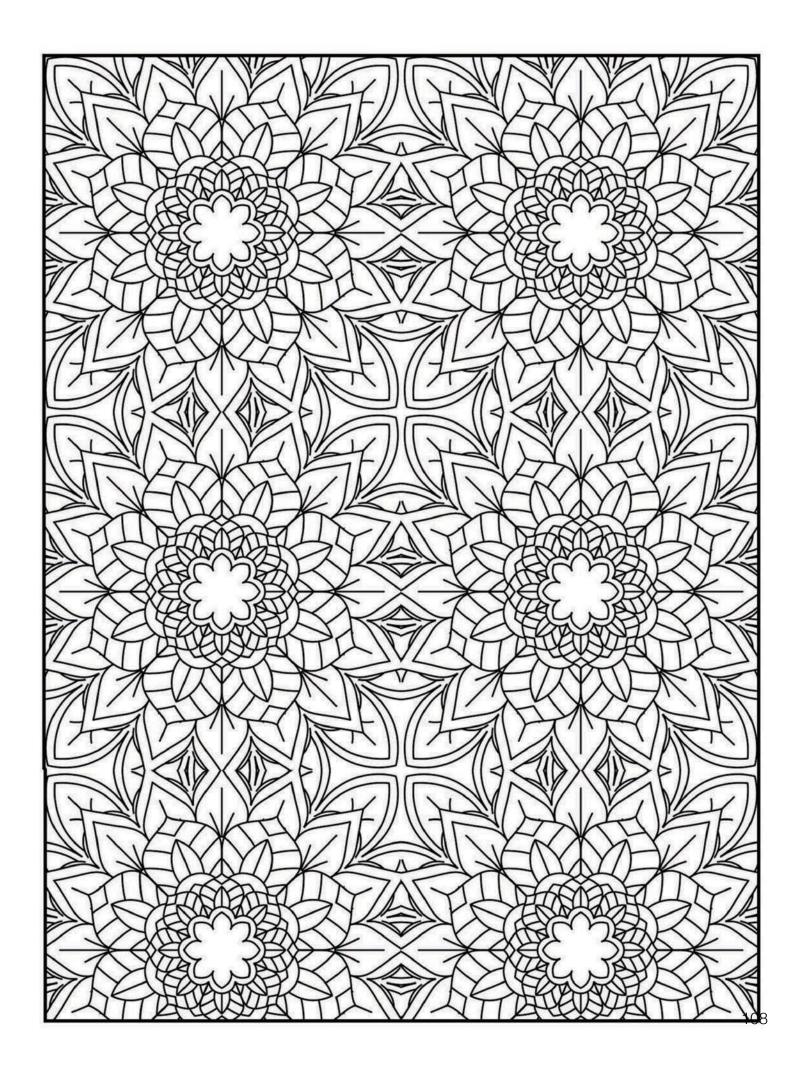
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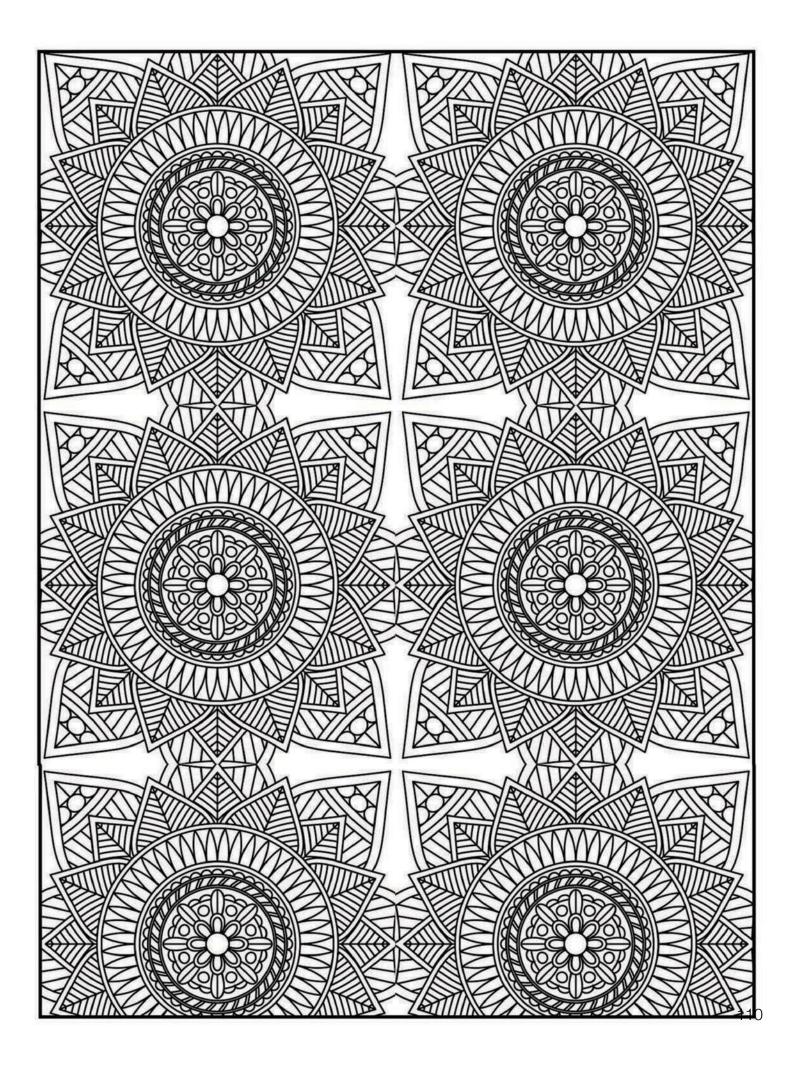
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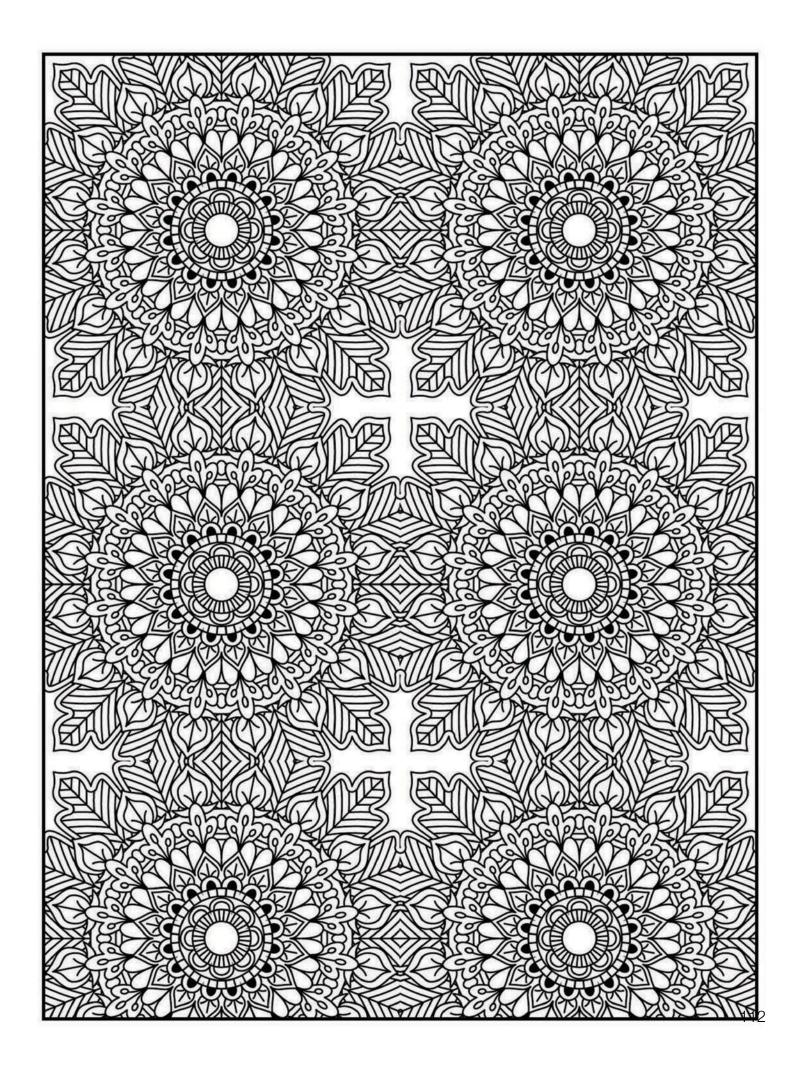
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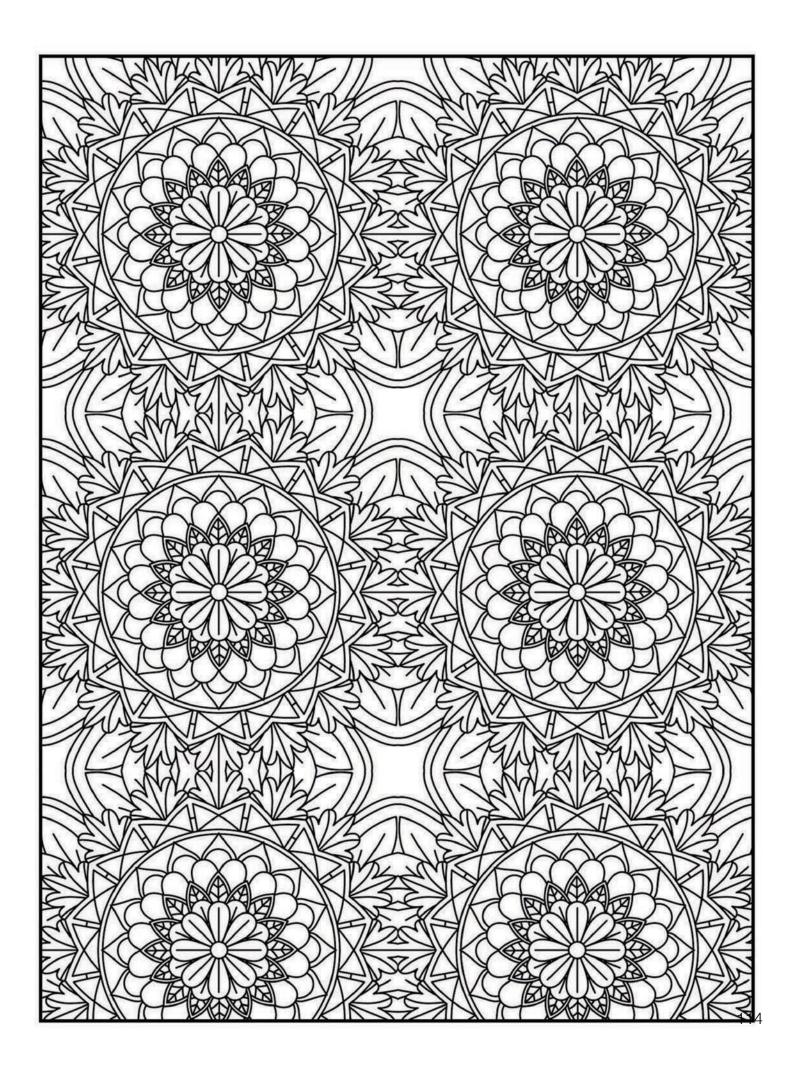


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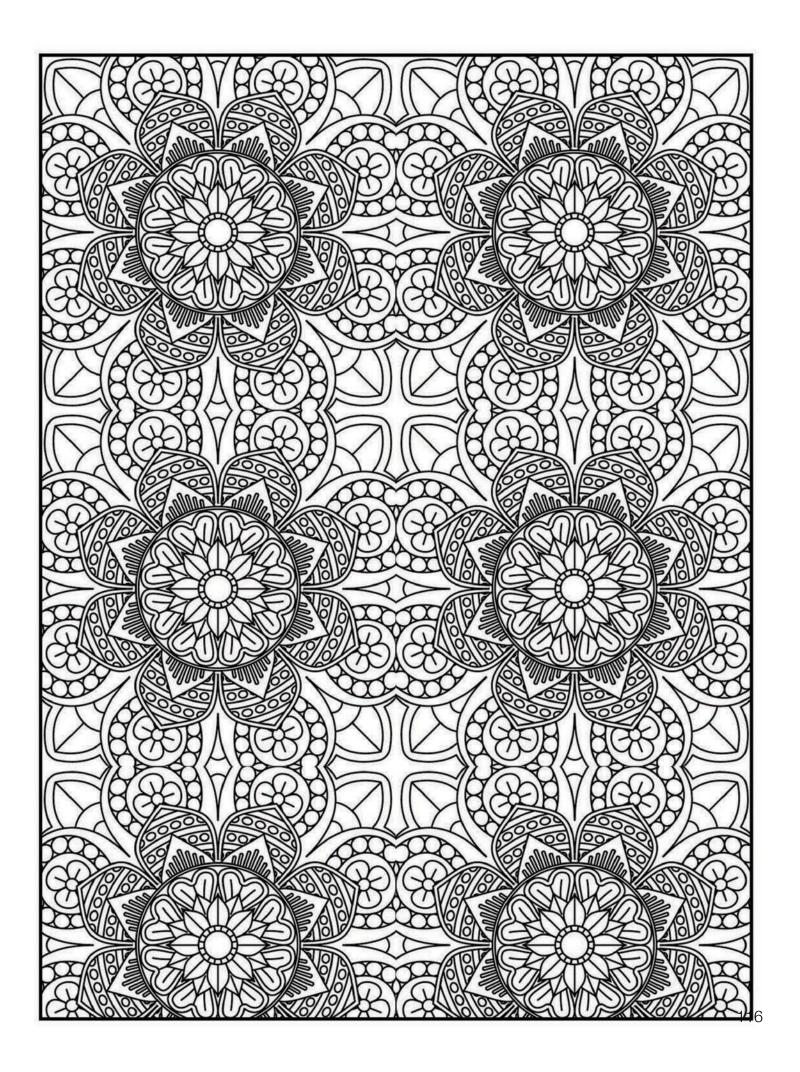
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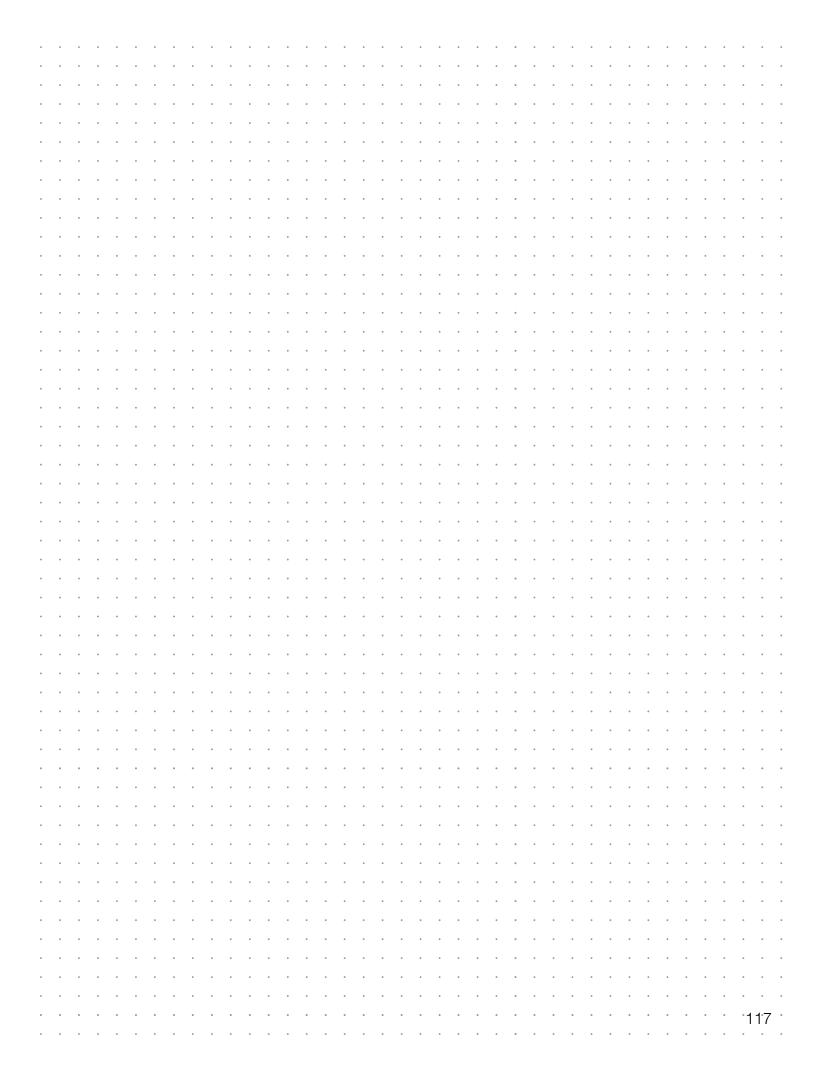
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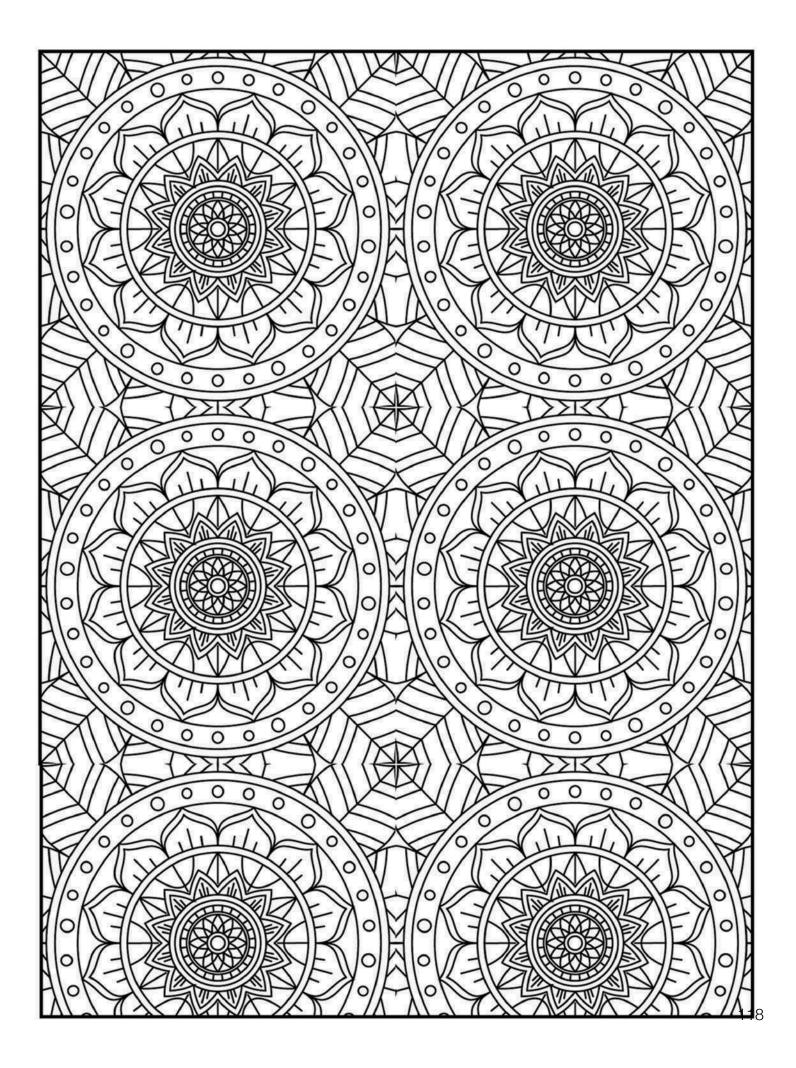
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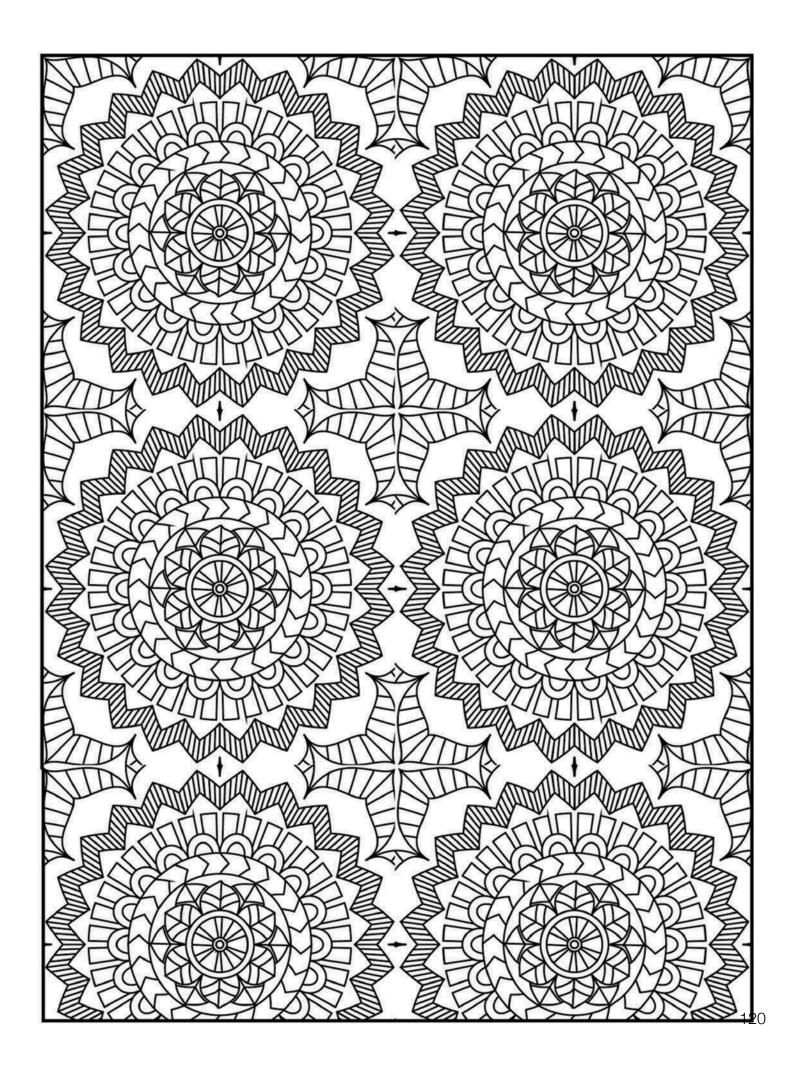
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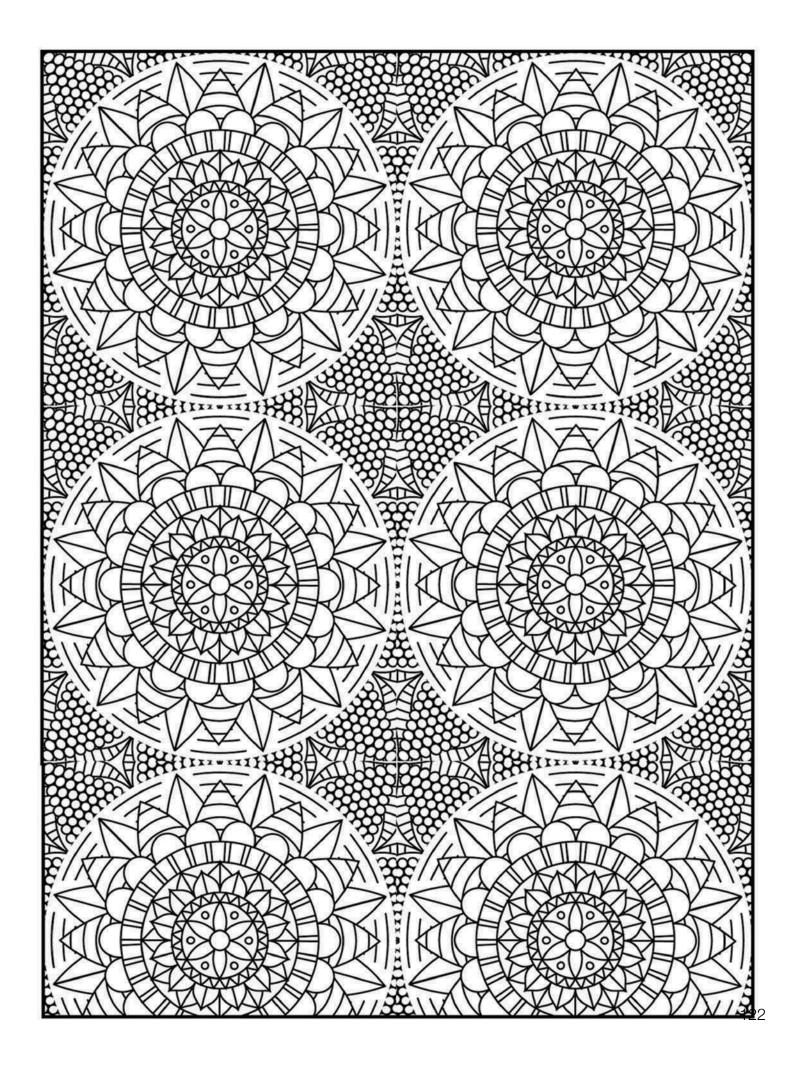
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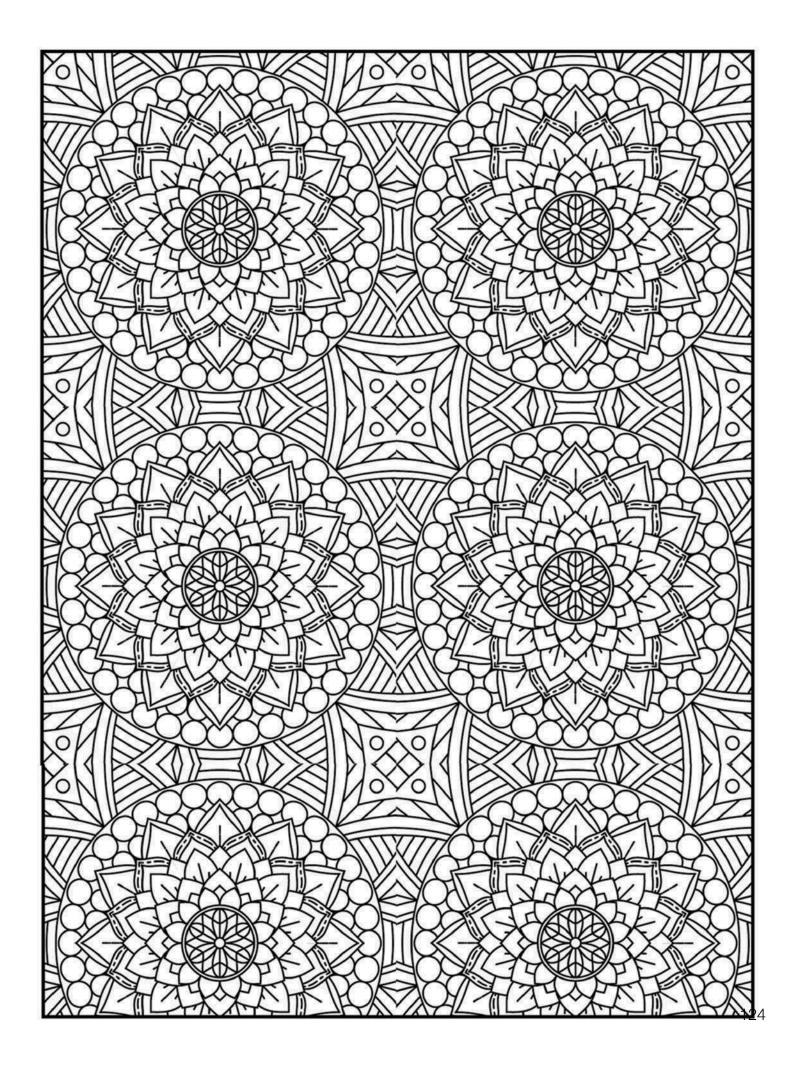
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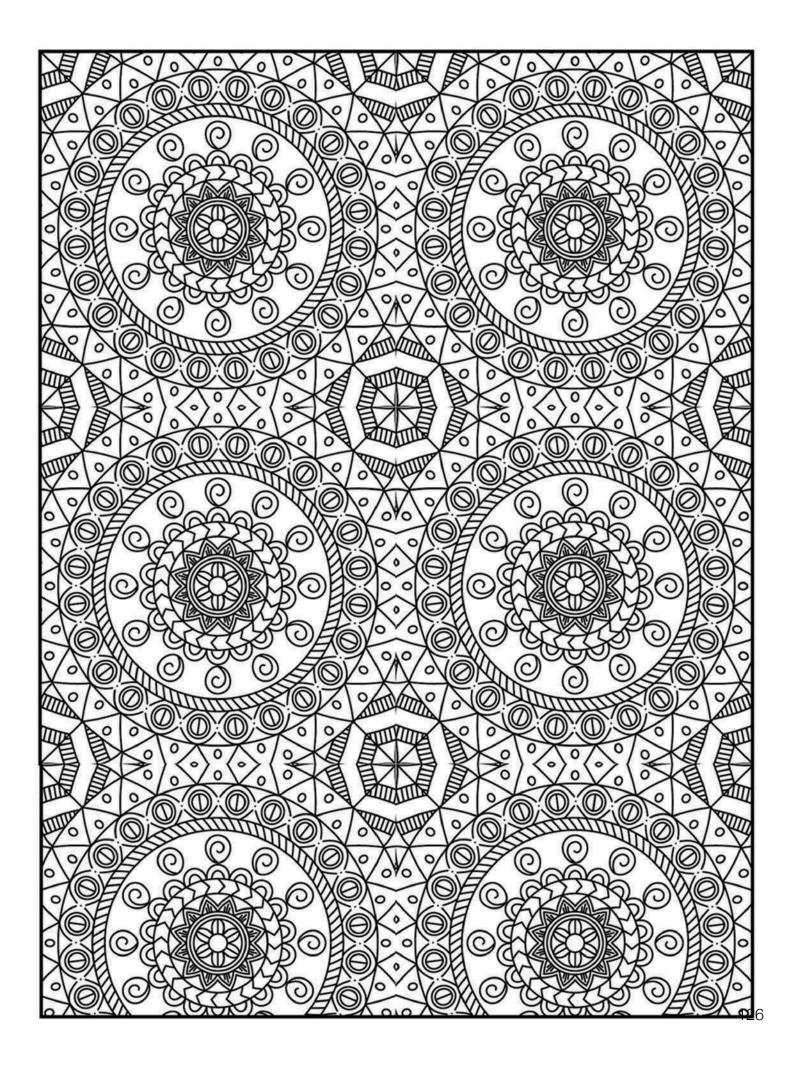
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## Time to reflect

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.

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