

(Daily)

DATE ____ / ____ / ____

SLEEP JOURNAL

S M T W T F S

MORNING ROUTINE.

- LISTEN TO RELAXING MEDITATION
- PRACTICE INSOMNIA RELIEF BREATHING
- CLEAN TIDY RELAXING ROOM SPACE
- EARLY MORNING SUNGAZING
- STAY HYDRATED
- WORKOUT 30 MIN



EVENING ROUTINE.

- AVOID CAFFEINATED CLOSE TO BED TIME
- REDUCED EXPOSURE TO BRIGHT LIGHTS
- POWER DOWN DEVICES
- EARLY DINNER
- LISTEN TO YOGA NIDRA DURING BED TIME
- SOOTHING WAKE UP ALARM SET
- GENTLE SLEEP MUSIC PLAYING

WAKEUP TIME

SLEEP TIME

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- WALK
- OTHER

HOURS OF SLEEP (Hours)

1 2 3 4 5 6 7 8

WATER BALANCE (Glass)

1 2 3 4 5 6 7 8

THINGS THAT MADE ME HAPPY TODAY

MOOD

ANGRY TIRED SAD GREAT FUN



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