

Sleep Homework Log

Day 1:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 2:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 3:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 4:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 5:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 6:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?

Day 7:

When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

When did I get up from bed?

How did I feel when I woke up? *like I didn't sleep* ----- *fully refreshed*

What sleep hygiene activities did I utilize to improve my quality of sleep?

What did I **start** doing to help me sleep better?

What did I **stop** doing to help me sleep better?