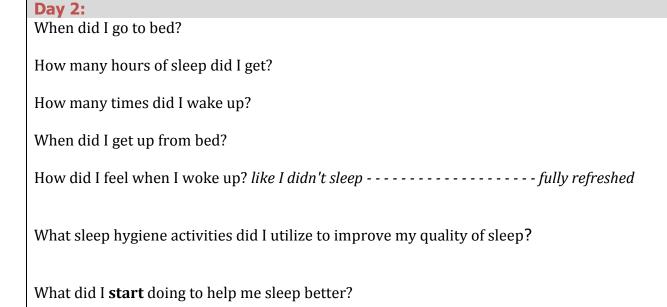
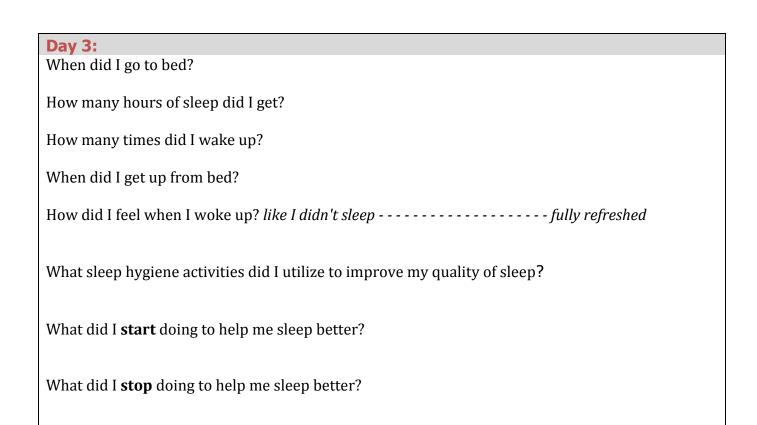
Sleep Homework Log



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





When did I go to bed?

How many hours of sleep did I get?

How many times did I wake up?

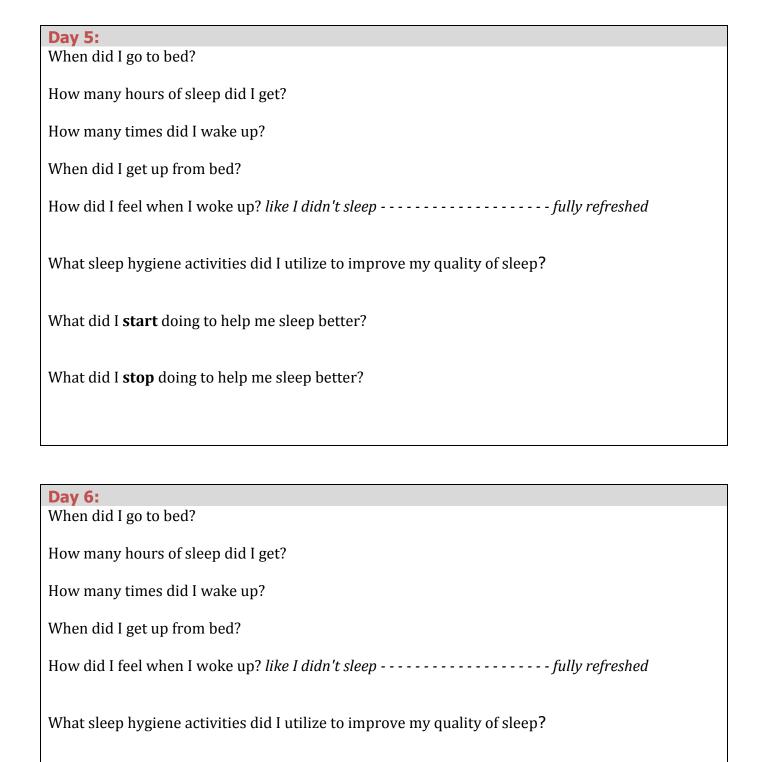
When did I get up from bed?

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?



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?