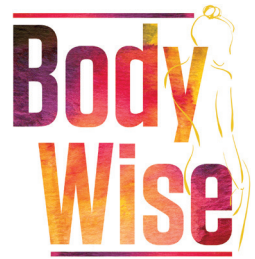


# Sleep Journal

Your goal is to wake up in the morning feeling rested and ready to get out of bed. For a select few, this happens after 6.5 to 7 hours of sleep. But for the great majority, this occurs after at least 8 hours of good-quality sleep. For the purposes of this week of the program, see if you can manage to preserve 8 hours of time to sleep each night.

Use the completed chart below as a template to journal your sleep. A blank chart is provided. You may find it helpful to print it out or save it on your computer to complete weekly.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In bed at	11:15pm	10:45pm	11:00pm	10:00pm	10:15pm	11:30pm	Midnight
Sleep onset	12:00am	11:00pm	11:15pm	fast	10:30pm	fast	fast
Any awakening(s) at night? How long?	Once for 15 minutes to pee	Once for 25 minutes at 2:00 am	up at 2:30-4:00 am (stressed about project)	Up at 3:00 am to pee, 20 minutes to fall back asleep	Siren woke me up at 2:00 am Took L-theanine and did deep breathing. Back to sleep by 1:30.	None	Up to pee at 3:00 am, and up until 3:45.
Awake in a.m.	6:30	6:30	6:30	6:30	6:30	8:30	9:00
Sleep hours	6 hours, 15 minutes	7 hours, 5 minutes	5 hours, 45 minutes	8 hours, 10 minutes	7 hours, 10 minutes	9 hours	8 hours, 15 minutes
Quality of Sleep	Good	Okay	Lousy	Good	Good	Great	Good
Any sleep strategies used (behaviors, herbs, etc.)	Bath and herbal tea before bed	Valerian root, 200 milligrams	Too anxious, on computer before bed and in middle of night	Valerian root, 400 milligrams, no screens after 9:00pm	Valerian root, 400 milligrams, no screens after 8:30pm	Valerian root, 400 milligrams	Valerian root, 400 milligrams
Any alcohol or caffeine during the day before?	Cup of coffee at 10:00am and 2:30pm	Cup of coffee at 10:00am and 2:30pm	Cup of coffee at 7:00am, 10:00am, and 1:00pm	Black tea in morning and at lunch	Half decaf coffee for breakfast, black tea at lunch	Black tea at breakfast and lunch	2 glasses of wine before bed
How did you feel in the morning?	Tired when the alarm went off	Tired	Awful, headache, nauseated	Better, a little tired	Tired, otherwise good	Good!	A little foggy, headache



# Sleep Journal

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
In bed at							
Sleep onset							
Any awakening(s) at night? How long?							
Awake in a.m.							
Sleep hours							
Quality of Sleep							
Any sleep strategies used (behaviors, herbs, etc.)							
Any alcohol or caffeine during the day before?							
How did you feel in the morning?							