ANew Health

Sleep Log

1. Write the <u>DATE</u> you are going to sleep.
2. Write the <u>TIME</u> you going to <u>BED</u> on same line.
3. Write the word <u>AWAKE</u> if you are up during the night.

4. Write the word <u>UP</u> when you get up in the morning.
5. Write the word <u>NAP</u> if you do so during the day.
6. <u>Rank your sleep: 1 = Least restful.   5 = Great night's sleep.</u>

Sleep Log Example:

Date	MidNite	1-3am	4-6am	7-9am	10-12Noon	1-3pm	4-6pm	7-9pm	10-MidNite	Rank Sleep + Comments
7-7-17									**10-BED**	
7-8-17			**AWAKE**		**11-UP**					**Rank: 2 Very tired.** **No deep sleep**

YOUR SLEEP LOG PAGE ONE

Date	MidNite	1-3am	4-6am	7-9am	10-12Noon	1-3pm	4-6pm	7 -9pm	10-MidNite	Rank Sleep + Comments

Date	MidNite	1-3am	4-6am	7-9am	10-12Noon	1-3pm	4-6pm	7-9pm	10-MidNite	Rank Sleep + Comments

YOUR SLEEP LOG PAGE THREE

Date	MidNite	1-3am	4-6am	7-9am	10-12Noon	1-3pm	4-6pm	7-9pm	10-MidNite	Rank Sleep + Comments