Sleep Tracker

	Example	SUN	MON	TUES	WED	THURS	FRI	SAT	All About Sleep
CIRCLE the time you went to bed and the time you woke up.	5 pm	5 pm	5 pm	5 pm	5 pm	5 pm	5 pm	5 pm	A good night's sleep (or lack thereof) can affect how we feel throughout the day.
	6 pm	6 pm	6 pm	6 pm	6 pm	6 pm	6 pm	6 pm	
	7 pm	7 pm	7 pm	7 pm	7 pm	7 pm	7 pm	7 pm	According to the Division of Sleep Medicine at Harvard Medical School, sleep affects your immune function, metabolism, memory, learning and so much more.
	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	
	9 pm	9 pm	9 pm	9 pm	9 pm	9 pm	9 pm	9 pm	
	(10 pm)	10 pm	10 pm	10 pm	10 pm	10 pm	10 pm	10 pm	
	11 pm	11 pm	11 pm	11 pm	11 pm	11 pm	11 pm	11 pm	
	12 am	12 am	12 am	12 am	12 am	12 am	12 am	12 am	Although stress, shift work and age-related sleep disturbances are just some of many factors that can interfere with your ability to obtain sufficient sleep, there are ways to lessen their effects and get the sleep you need.
	1 am	1 am	1 am	1 am	1 am	1 am	1 am	1 am	
	2 am	2 am	2 am	2 am	2 am	2 am	2 am	2 am	
	3 am	3 am	3 am	3 am	3 am	3 am	3 am	3 am	
	4 am	4 am	4 am	4 am	4 am	4 am	4 am	4 am	
	5 am	5 am	5 am	5 am	5 am	5 am	5 am	5 am	
	6 am	6 am	6 am	6 am	6 am	6 am	6 am	6 am	
	(7 am)	7 am	7 am	7 am	7 am	7 am	7 am	7 am	
	8 am	8 am	8 am	8 am	8 am	8 am	8 am	8 am	
	9 am	9 am	9 am	9 am	9 am	9 am	9 am	9 am	
	10 am	10 am	10 am	10 am	10 am	10 am	10 am	10 am	
Total Hours Slept	9 hours	hours	hours	hours	hours	hours	hours	hours	• Establish a consistent sleep/wake schedule • Avoiding caffeine, alcohol and nicotine late in the day • Limit your exposure to light at bedtime • Creating a quiet, dark and cool environment can help promote sound slumber
Sleep Notes *Did you have trouble falling/staying asleep? How did you feel upon waking up?*									*For more tips, visit here.*