## BETTER

## 7 day sleep journal

Get insights into your sleep patterns and unlock the secrets to a good night's rest.

What time did you go to bed?

| am |
| ---: |
| $\bullet$ |
|  |

How did you fall asleep?easyafter a whilewith difficulty

What time did you get up?

| $\therefore$ | $a m$ |
| :--- | :--- |
|  | pm |

How did you feel after waking up?

```
refreshed
just okay
tired
```

Your sleep was disturbed by:
$\qquad$
$\qquad$

How did you feel throughout the day?

How many caffeinated beverages Did you drink alcohol? did you drink?
$\qquad$ coffee
yes
___ tea
no
___ soda
__ other

DAY 2


How did you feel after waking up?refreshed
$\square$ just okay
$\square$ tired

Your sleep was disturbed by:
$\qquad$

How did you feel throughout the day?

How many caffeinated beverages did you drink?

| coffee | $\square$ yes |
| :--- | :--- |
| tea | $\square$ no |
| noda |  |
| other |  |

What time did you go to bed?

| $\quad \mathrm{am}$ |
| :--- |
| $\square$ |

What time did you get up?


How did you feel after waking up?

```
 refreshed
```

```just okay
\(\square\) tired
```

Your sleep was disturbed by:
$\qquad$
$\qquad$

How did you feel throughout the day?

How many caffeinated beverages Did you drink alcohol? did you drink?yes
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How many caffeinated beverages
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| coffee | $\square$ yes |
| :--- | :--- |
| tea | $\square$ no |
| soda |  |
| other |  |

What time did you go to bed?

| $\quad \mathrm{am}$ |
| :--- |
| $\square$ |

What time did you get up?


How did you feel after waking up?

```
 refreshed
\square just okay
\square tired
```

Your sleep was disturbed by:
$\qquad$
$\qquad$

How did you feel throughout the day?

How many caffeinated beverages Did you drink alcohol? did you drink?

| What time did you go to bed? | What time did you get up? |
| ---: | ---: |
| $\vdots$ | am |
| pm | am |

How did you fall asleep?easyafter a while
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| other |  |

What time did you go to bed?

| $\quad \mathrm{am}$ |
| :--- |
| $\square$ |

How did you fall asleep?easyafter a while
$\square$ with difficulty

What time did you get up?


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$\square$ just okay
$\square$ tired

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$\qquad$
$\qquad$

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How many caffeinated beverages Did you drink alcohol? did you drink?

## DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

I went to bed at my ideal time

I woke up at my ideal time

It was easy for me to fall asleep


I felt great after waking up


My sleep was peaceful uninterrupted


I felt great throughout the day

How much caffeine did I drink?


How much alcohol did I drink? $\square$
$\square$
$\square$
$\square$
$\square$
$\square$


