

14 DAY

# Sleep Tracker

FROM \_\_\_\_\_ TO \_\_\_\_\_

## Tips:

- Avoid consuming stimulants 4 hours before sleeping
- Take time to relax and switch off before bed (no electronics)
- Participate in regular activity
- Clear your mind by writing down all of your thoughts & to-do's

MONDAY

Time

TUESDAY

Time

WEDNESDAY

Time

THURSDAY

Time

FRIDAY

Time

SATURDAY

Time

SUNDAY

Time

MONDAY

Time

TUESDAY

Time

WEDNESDAY

Time

THURSDAY

Time

FRIDAY

Time

SATURDAY

Time

SUNDAY

Time

NOTES

HOW WELL DID YOU SLEEP? TICK THE APPROPRIATE ONE

BAD     AVERAGE     GOOD