



THE SLEEP LOG:

For 1 week, record your sleep habits:

what you did in the hour before bedtime (including reading, exercise, screen use, etc.);
 the caffeine and alcohol you had that day;
 your sleep, wake-up, and nap times;
 and your mood the next day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 PM							
1 AM							
2 AM							
3 AM							
4 AM							
5 AM							