

Sleep Journal

Sleep is the best meditation - Dalai Lama

Getting a good night's sleep is an important part of your recovery process. We have found that tracking our sleeping patterns can help us figure out when we get a goodnight sleep and what helps us to get those goodnight sleeps. This sleep journal has two different pages. One page allows you to track when you are sleeping (we recommend that you include naps). The other page allows you to track your total hours slept and the quality of your sleep. It is totally up to you if you want to use both pages or just one!

Remember, sometimes more sleep doesn't equal better sleep. So figuring out how much sleep you need and finding when you get the best sleep quality may help you come up with a sleep pattern that will allow you to feel rested and ready to tackle the day!

Try it out!

1. Log your daily sleep patterns on the first worksheet. Then, on the second page, log your total hours of sleep and the quality of your sleep.

Tip: You can also indicate activities in this journal! This way you can see how your activities are influencing your sleep quality and quantity. See the example below

| | pm | | | | | | am | | | | | | pm | | | | | | | | | | | |
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2. Try to fill this log out daily for a few weeks. This way, you will start to see a pattern of how you are sleeping and when you are getting the best quality of sleep.
3. If you are noticing that you are having difficulties sleeping, try changing up your nighttime routine. Keep track of any new things you try before bed (ex. taking a bath or staying off electronics) to see if and when they work for you. On the next page, you will find some resources that may help you with this!

4 Tips for Better Sleep Hygiene

1. Create a relaxing sleep routine that will help you unwind before bed. You may want to try pre-bed activities like practicing mindfulness or having a warm bath.



2. Try to have a consistent sleep pattern. Waking up and going to sleep at the same time every day will help your body anticipate when it is time to sleep and when it's time to get up.

3. Try to avoid highly processed and caffeinated foods and drinks in the afternoon/evening as they can have a negative effect on your quality of sleep.



4. Try to avoid using technology in the bedroom. Your bedroom should be a sleep-only zone!

Resources to Check out

Sleep sounds help relax your brain and promote sleep:

- [Rain Sounds](#) on YouTube
- Headspace App
- Apple Music or Spotify (Browse categories for sleep)

Yoga can help to calm your mind and body before bed:

- [Yoga Nidra](#)
- [Yoga for Bedtime](#)
- [Wind Down Yoga](#)



My Sleep Tracker



Month:

| | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 |
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Notes:



My Total Hours of Sleep



Month:

Sleep Quantity (hours slept)

Sleep Quality

| | Sleep Quantity (hours slept) | | | | | | | | | | | | | | Sleep Quality | | | |
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Notes: