

# MY SLEEP JOURNAL

*rdumattressdirect.com*

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*track your  
habits for  
better sleep*

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**GET**

**YOUR  
SELF**

**READY**

**FOR**

**A**

**GOOD  
NIGHT**

**SLEEP**

# GET READY TO SLEEP THROUGH THE NIGHT

Struggling with disrupted sleep? Try these out to help make your environment quiet and safe

- Listen to music that will relax you
- Keep the room temperature cool
- Turn off all mobile devices with screens
- Use ear plugs to keep disturbing sounds out
- Sprinkle or spray lavender in the room
- Have blackout curtains to block out light

List out other ways that will suit you in making your environment more comfortable!

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# TIPS FOR A BEDTIME ROUTINE

It can be difficult having an orderly routine before bed, but it is quite important to for a good nights sleep.

Check the below useful tips

- Eat light snacks with protein and carbohydrates to promote sleep
- Block out noise by using ear plugs
- Sprinkle some lavender oil or vanilla on a cotton bud and place under the pillow before sleeping
- Have a hot bubble bath as this helps to increase drowsiness due to the body temperature being raised
- Do not indulge in any form of brain alert activity or exercise late in the evenings as it disrupts sleep. Try reading instead
- Give yourself a massage if possible, rub your feet against each other, put your hands in warm water, rub your scalp with all your fingers
- Dim down the lights in your house as too much exposure causes alertness of the body
- Take some melatonin which has been known to help stimulate sleep

# CHECKLIST FOR YOUR BEDTIME ROUTINE

Making a checklist will help you follow through with your routine.

Write your routine and check the day of the week it is

ROUTINE	S	M	T	W	T	F	S
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**TRACKING**

**AND**

**FOODS**

**TO**

**HELP**

**YOU**

**SLEEP**

# GETTING BACK TO SLEEP CHART

Fill in the chart below in the morning after you wake up to track when you woke up in the night, and what you did to go back to sleep.

Week of -----	Time to bed	Woke up	How long you were awake?	What I did to get back to sleep	I woke up in the morning at
MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					

# YOUR SLEEP TRACKER

MONTH:

HOURS:

DAYS:

	1	2	3	4	5	6	7	8	9	10	11	12	13	Sleep Quality
1														☆☆☆☆☆
2														☆☆☆☆☆
3														☆☆☆☆☆
4														☆☆☆☆☆
5														☆☆☆☆☆
6														☆☆☆☆☆
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# FOODS THAT HELP WITH GETTING YOU TO SLEEP

Every now and then we do get hungry before we get in bed or when already in bed for the night. Though it is mostly said to be bad practice to do so, but when mother nature calls you just have to answer. Below are a few recommended light snacks and beverages:

## Foods that help with sleep

- Lean protein
- Almonds
- Oatmeal
- Kiwi
- Banana

## Foods to avoid before sleep

- Fatty foods
- Cheese
- Chocolate
- Spicy foods
- Sugars

## Beverages that help with sleep

- Chamomile tea
- Passion flower tea
- Almond milk
- Warm glass of milk
- Cherry juice

## Beverages to avoid before sleep

- Soda drinks
- Coffee
- Green tea
- Energy drinks
- Alcohol

**SLEEP**

**CYCLE**

**AND**

**YOUR**

**WEEKLY**

**SLEEP**

**PATTERNS**

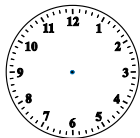
# MY SLEEP CYCLE

Date:  
Week of:

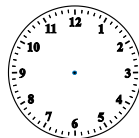
Went to sleep at:

Woke up at:

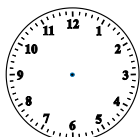
**MONDAY**



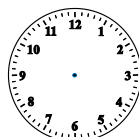
**MONDAY**



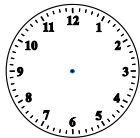
**TUESDAY**



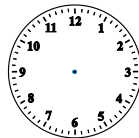
**TUESDAY**



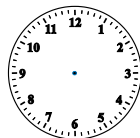
**WEDNESDAY**



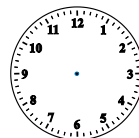
**WEDNESDAY**



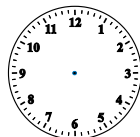
**THURSDAY**



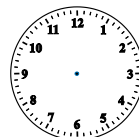
**THURSDAY**



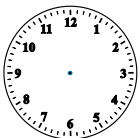
**FRIDAY**



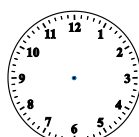
**FRIDAY**



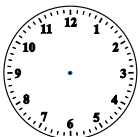
**SATURDAY**



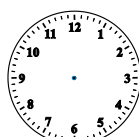
**SATURDAY**



**SUNDAY**



**SUNDAY**



# WEEKLY SLEEP PATTERNS

Date:

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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## SUNDAY

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## NOTES

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**MAKE**

**A DAILY**

**JOURNAL**

**OF**

**YOUR**

**SLEEPING**

**PATTERNS**

# MONDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
- Alert and active

What did you eat or drink before bedtime?

How many coffees or alcohol did you have during the day?

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- Soda
- Coffee
- Alcohol
- Other

Was your sleep interrupted? Why was that?

Write down your thoughts before you go to sleep

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# TUESDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
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# WEDNESDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
- Alert and active

What did you eat or drink before bedtime?

How many coffees or alcohol did you have during the day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Soda
- Coffee
- Alcohol
- Other

Was your sleep interrupted? Why was that?

Write down your thoughts before you go to sleep

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# THURSDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
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Write down your thoughts before you go to sleep

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# FRIDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
- Alert and active

What did you eat or drink before bedtime?

How many coffees or alcohol did you have during the day?

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- Soda
- Coffee
- Alcohol
- Other

Was your sleep interrupted? Why was that?

Write down your thoughts before you go to sleep

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# SATURDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
- Alert and active

What did you eat or drink before bedtime?

How many coffees or alcohol did you have during the day?

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- Soda
- Coffee
- Alcohol
- Other

Was your sleep interrupted? Why was that?

Write down your thoughts before you go to sleep

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# SUNDAY

Date:

What time did you go to bed?

What time did you wake up?

How long did it take for you to sleep?

How did you feel after waking up?

- Less than 30 minutes
- About 1 hour
- Up to 2 hours
- 2 hours or more

- Irritable
- Tired and exhausted
- Fully rested
- Alert and active

What did you eat or drink before bedtime?

How many coffees or alcohol did you have during the day?

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- Soda
- Coffee
- Alcohol
- Other

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