

SLEEP HYGIENE

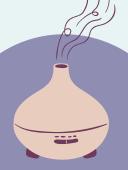




MAINTAIN A
REGULAR PATTERN,
TRY TO GO TO BED
AT THE SAME TIME
EACH NIGHT



AVOID ELECTRONICS IN BED



CREATE A
COMFORTABLE
ENVIRONMENT



AVOID CAFFEINE LATE IN THE DAY



AVOID
NAPPING
DURING THE
DAY



SPEND TIME
WINDING DOWN
BEFORE BED, FIND
AN ACTIVITY TO
DO BEFORE BED
THAT HELPS YOU
RELAX







HABIT TRACKER

WATER















TURNED OFF TECHNOLOGY AN HOUR BEFORE BED

SPENT TIME OUTSIDE















NO CAFFEINE AFTER 3PM















SLEEP TRACKER

DATE	HOURS OF SLEEP												ENERGY
DAY	ı	2	3	4	5	6	7	8	9	10	11	12	****