SLEEP HYGIENE



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





CREATE A
COMFORTABLE
ENVIRONMENT



AVOID
CAFFEINE
LATE IN THE
DAY



AVOID ELECTRONICS IN BED



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



AVOID
NAPPING
DURING THE
DAY





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	****