DAILY SLEEP JOURNAL

Quality sleep is crucial to your good health. While most recommendations will state an average adult needs 8hrs of sleep per night, individual sleep needs vary widely. Negative effects from sleep deprivation are generally linked to consistently getting less than 4hrs of sleep per night. If you are experiencing sleep difficulties, the first step to improving your sleep hygeine is to monitor your current sleep habits. Use this sleep journal to get started.

DATE	BEDTIME/ TIME AWAKE	WHEN I WOKE UP, I FELT	QUALITY OF SLEEP
EX: 10/14/20	9:30pm/6:30am	Groggy and tired	restless

