## DAILY SLEEP JOURNAL

Quality sleep is crucial to your good health. While most recommendations will state an average adult needs 8 hrs of sleep per night, individual sleep needs vary widely. Negative effects from sleep deprivation are generally linked to consistently getting less than 4 hrs 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<br>EX: 10/14/20<br>BEDTIME/<br>TIME AWAKE<br>9:30pm/6:30am

WHEN I WOKE UP, I FELT...
Groggy and tired

QUALITY OF SLEEP
restless

