

HOLISTIC SLEEP PATTERN REVIEW

Week Starting: _____

Primary Goal: _____

DAY	BEDTIME	WAKE TIME	TOTAL HOURS	QUALITY (1-10)	NOTES (CAFFEINE/STRESS/EXERCISE)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

DAILY EVENING RITUAL

- No screens 60m before
- Dimmed lighting

- Temperature check (18C)
- Mindfulness / Reading

LIFESTYLE IMPACT

- Sunlight exposure < 10am
- No caffeine after 2pm
- Hydration balanced
- Physical movement

ENERGY ASSESSMENT

Weekly Synthesis & Adjustments:

"Sleep is the golden chain that ties health and our bodies together."