

# SLEEP HYGIENE TRACKER

Week of: \_\_\_\_\_

Goal: 7-9 Hours / Routine Consistency

DATE / DAY	NO CAFFEINE AFTER 2PM	NO SCREEN 60M BEFORE	CONSISTENT WAKE TIME	COOL/DARK ROOM	QUALITY (1-10)	OBSERVATIONS / NIGHT CAPS
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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

Habit Completed

Quality: 1 (Restless) - 10 (Deeply Refreshed)

Weekly Reflection: