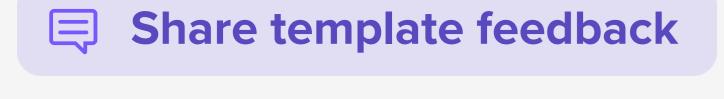


Use this framework to reflect on recent work. This simple structure is useful both alone and in groups.

Created in partnership with





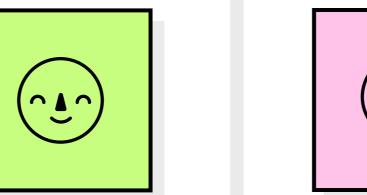


Reflect on the topic

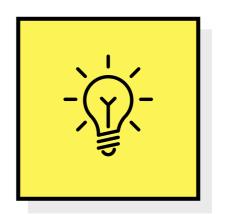
Working silently and individually, have each person create a few sticky notes in all four quadrants below for about five minutes. With the remaining time, discuss notes in each quadrant.

What went well? **TOPIC** What should we keep doing? What should we celebrate? Sleep Tracking For a Where did we make progress? **Better Nights Rest** tracking sleep with apps, Wearable sleepsleep trackers are wearables or in-bed sleep tracking technology only accurate 78% monitors can be directly linked to causing bedtime and smartphone of the time when anxiety and stress.... which apps are touted for identifying sleep are hardly the ideal recipe their ability to for achieving a sound versus collect data points night's sleep. wakefulness. throughout the night

Sleep Cycle is easily one of the best sleep-tracking apps available on both Android and iOS. In short, Sleep Cycle tracks your sleep cycles and attempts to wake you up during the lightest phase of sleep that's closest to your wakeup time.



This accuracy drops to around 38% when estimating how long it took participants to fall asleep.





This sleep log is super adorable and unique. I especially like how the hours are tracked using lines.

Take some inspiration from this sleep tracker and add cute doodles of stars & planets to your bullet journal.

Wearables. You wear these devices on your wrist or finger while sleeping. They typically collect data about your movement and heart rate

Bring the beach to your sleep log with this super sweet seashell

design.

Bedside devices. You place these devices next to your bed. They primarily collect data about your body movement and breathing

Bed sensors. You place these devices under your sheets or mattress. They collect information about your movement and heart rate.

What went poorly?

What held us back?

Where did we have problems?

What was frustrating to us or others?

sleep trackers are

only accurate 78%

of the time when

identifying sleep

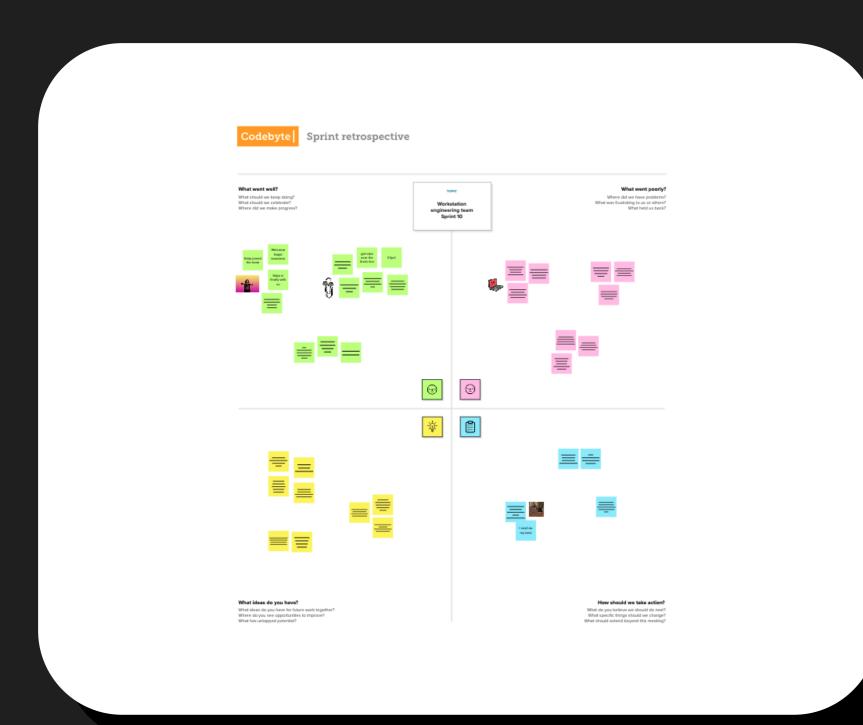
wakefulness

What ideas do you have?

What ideas do you have for future work together? Where do you see opportunities to improve? What has untapped potential?

How should we take action?

What do you believe we should do next? What specific things should we change? What should extend beyond this meeting?



Need some inspiration? See a finished version of this template to kickstart your work. Open example ->



