

Sleep and My Day

This section looks at how the quality of your sleep affects your focus, mood, and overall performance.

Log your daily productivity, mood, nap duration (if you napped) and workouts. Make sure to include the workout times and the intensity of your work out. For exmaple, 1 dumbbell = light, 2 dumbbells = moderate and 3 dumbbells = heavy.

	NAP DURATION	MOOD	PRODUCTIVE	WORKOUT START TIME	WORKOUT END TIME	WORKOUT INTENSITY
MON	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TUE	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WED	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
THU	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
FRI	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SAT	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SUN	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

My Sleep Quality

This section looks at your sleep quality.

Record your bedtime and wake-up time to monitor your sleep schedule. Rate your sleep quality using the provided scale, indicating how rested you feel.








Use the 'Notes' section to document any observations about your bedroom environment, such as temperature or noise levels. By tracking these elements, you can identify patterns and create an optimal sleep space.

	BEDTIME	WAKE UP	HOURS OF SLEEP	SLEEP QUALITY	NOTES
MON	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
TUE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
WED	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
THU	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
FRI	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SAT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Sleep and My Diet

This section looks at how your eating and drinking habits affect your sleep.

Monitor your caffeine intake by logging how many cups of coffee you drank as well as the time of your last coffee. Also note write down the last time you ate and drank something. You can write what you last ate and drank in the 'Notes' box.

	NUMBER OF CUPS	LAST COFFEE	LAST MUNCHIE	LAST DRINK	NOTES
MON		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
TUE		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
WED		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
THU		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
FRI		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
SAT		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	
SUN		<input type="text" value=":"/>	<input type="text" value=":"/>	<input type="text" value=":"/>	

The page is decorated with numerous light gray crescent moon icons of varying sizes, scattered across the background. Some are larger and more prominent, while others are smaller and more subtle, creating a dreamy, nocturnal theme.

My Sleep Routine

Create a bedtime routine by
monitoring your screen time before sleep.

Document your wind-down activities, such as reading or meditation,
and their effects. Track any relaxation exercises performed. This
section encourages the development of a personalized pre-sleep
ritual, promoting relaxation and preparing you for restful sleep.

