


Sleep Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Log bedtime, wake time, and total hours each morning
 - Rate sleep quality and energy level
 - Track caffeine and screen habits
 - Note dreams and sleep observations
 - Review weekly patterns for insights



Scan for a detailed guide on how to use this journal

Date: _____

Bedtime: _____

Wake Time: _____

Hours Slept: _____

Sleep Quality: 1 2 3 4 5 6 7 8 9 10

Energy Level: 1 2 3 4 5 6 7 8 9 10

Dreams Recalled:

Caffeine After 2pm:

Screen Time Before Bed:



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Sleep Improvements *(one thing you could change tonight to sleep better tomorrow)*

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