



Wind – Down Time & Morning Reflection



You can use this download however you chose though as part of your evening wind down you might like to list three things you are grateful for today, the things you want to let go of from your day or what you have done differently that might improve your sleep tonight.

As a morning reflection you might like to rate your sleep quality along with things that were on your mind if you had trouble sleeping or if you lay awake during the night? Remember the more we know the better we do and if you can highlight any patterns that might be affecting your sleep you can begin to address them.

	Wind Down 	Morning Reflection 
Mon		
Tues		
Wed		
Thur		
Fri		
Sat		
Sun		