

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.



Sleep Journal

My sleep goals this week:

I will...

I will...

I will...

Use this sleep journal template to help you practice this tool. If you find this tool helpful try continuing this practice in a notebook.



Day 1

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



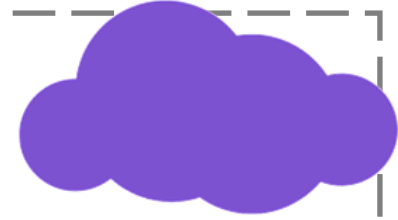
Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.

Day 6

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



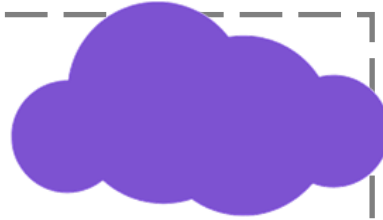
Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.

Day 5

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.

Day 2

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



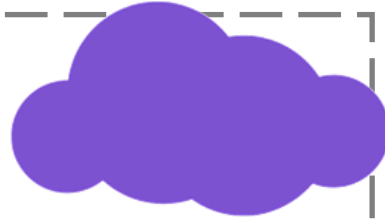
Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.

Day 3

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



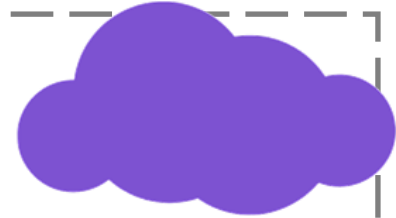
Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.

Day 4

Date: _____

Release any thoughts, worries or feelings that may impact your sleep tonight by writing them here...



Reflect on your sleep goals, is there anything you need to change?

Did you wake up in the night and have trouble falling back asleep? Keep a record of any sleep disruption here.