

TO SLEEP, PERCHANCE TO DREAM

Think back over the last week in your life. If it helps, refer to your calendar. See if you can capture the time you went to bed each night, the time you woke up, the number of hours you slept and whether or not you felt fully rested.

	Day	Bedtime	Wake Up	Hours Slept	Fully Rested <small>(yes or no)</small>
1					
2					
3					
4					
5					
6					

What is the single most important thing you can do to improve the quantity and/or quality of your sleep?

