My Sleep Reflection

I get ☐ hours of sleep every night, and

I will get up about ☐ times in a night.



My bedtime routine is _____

_____

_____



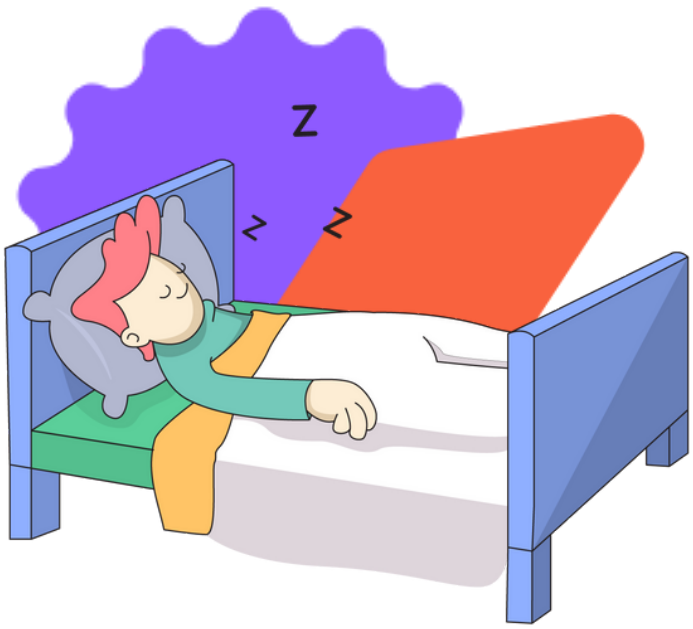
My dreams are... ☐ calm ☐ meh ☐ bad ☐ none

"I find it easy to fall asleep"

☐ yes ☐ no ☐ depends

"I feel rested waking up"

☐ always ☐ never ☐ mostly



Sleep hygiene habits I'll try:

- ☐ exercise during the day
- ☐ no 'doomscrolling' in bed
- ☐ limit caffeine in afternoon
- ☐ epsom salt bath before bed