

Week 1

	p.m.						midnight / a.m.										noon / p.m.								
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m.

TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

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Activities																									
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TOTAL SLEEP TIME _____ hrs

Reproduced from Anderson, *How to Beat Insomnia and Sleep Problems* (2023), with permission from Little, Brown Book Group.

The National Sleep Foundation, <https://www.thensf.org>, provides lots of helpful information around the importance of sleep, including how sleep works and how much sleep we need. See Figure 4.1 in Chapter 4.