



# Sleep Journal

## Action Plan



Date: \_\_\_\_\_

Bedtime: \_\_\_\_\_

Wake Up: \_\_\_\_\_

Total Hours: \_\_\_\_\_

Sleep Quality Description: \_\_\_\_\_

AM Energy: High / Moderate / Low

Noon Energy: High / Moderate / Low

PM Energy: High / Moderate / Low

Date: \_\_\_\_\_

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