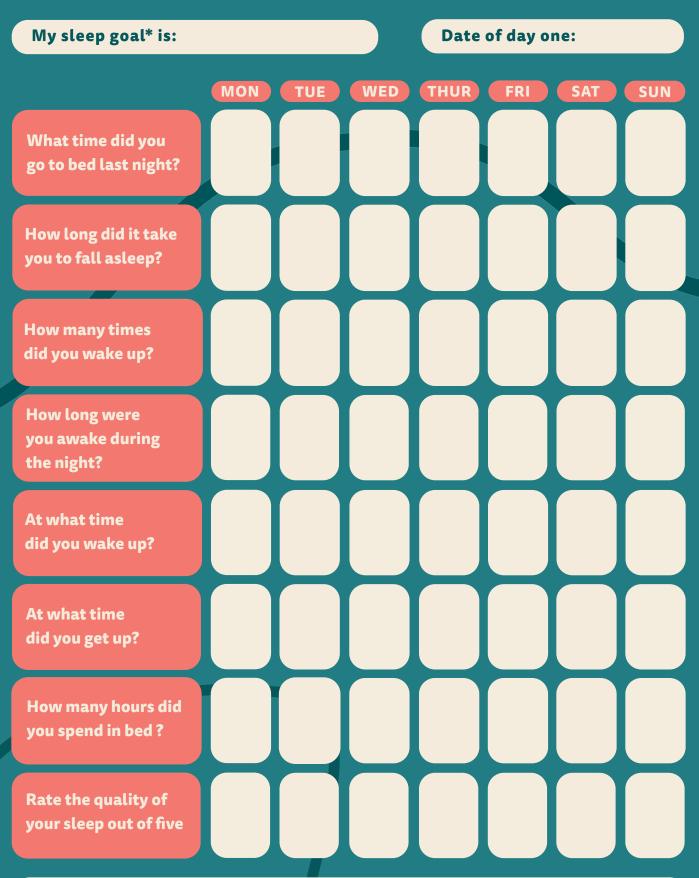
My sleep journal



*Getting a good night's sleep is essential for our wellbeing. It's not just quantity that counts, but quality too. A sleep journal can help you to identify patterns and behaviours influencing your sleep. Setting a goal (such as getting up at the same time) can also keep you focused on forming good habits. Starting on a Monday, complete this sleep diary every morning for one week. Don't worry about giving exact answers, an estimate will do.

Get a good night's sleep

- 1. Make time to wind down. Run a warm bath, stretch or read
- 2. Try to keep regular times for going to bed and getting up
- 3. Only get into bed when you feel tired
- 4. Try to build exercise into your daily routine
- 5. Avoid nicotine and alcohol in the evening
- 6. Make sure your bedding is comfortbale
- 7. Keep your bedroom dark and cool
- 8. Make sure your bedroom is clean and clutter-free
- 9. Switch to decaffeinated drinks four hours before you go to bed
- 10. Don't eat a heavy meal late in the evening.

#ACT NOW



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