



# **Sleep Log: Track & Manage Sleep & Insomnia. 8in By 10in Journal Notebook To Help & Aid The Relief Of Sleep Problems (Fitness)**

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## **Undated Sleep Log Journal Notebook**

**Get Your Copy Today!**

8 inches By 10 inches

Log Your Sleep For Up to 100 days

### **Includes Sections For**

- Time I Went To Bed
- Time I Fell Asleep
- What I Did Between Going To Bed And Falling Asleep
- Number Of Times I Woke Up At Night
- Time I Woke Up During The Night
- How Long I Was Awake For At Night
- What Woke Me Up During The Night
- Time I Woke Up
- Time I Slept In Total
- How Did I Sleep
- Quantity Of Water Taken Today
- Exercise
- Quantity Of Caffeine & Alcohol Taken
- Nicotine/Cigarettes Taken
- Meals & Fluids Taken After 6 Pm
- No Of Naps Taken/ Time & Duration
- Did I Feel Sleepy During The Day
- Medication Taken
- Notes

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