

# Sleep Journal



Premise Content

Sleep Journal: Counting Sheep - Eight Weeks of Tracking your Sleep Habits, Patterns and Insomnia (Guided Journals & Trackers Book Series)



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Insomnia and sleep-deficiency have become common problems these days. Tracking and monitoring sleep patterns and habits supplies the information we have to make healthy adjustments. Insomnia impacts every part of our lives - wellness, happiness, work, human relationships and rest. For better, more restorative sleep, use this sleep journal designed to guide you in tracking insomnia, sleep behaviors and patterns. Monitoring your sleep with this journal for eight weeks can help you recognize patterns and identify you skill to get better sleep. This journal contains space to track the amount of hours you sleep, the time you go to sleep and wake up, the standard of your sleep, activities and foods that might impact your sleep and more. eight weeks of daily monitoring pages, week-at-a-glance pages and journal web pages for dreams.



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Sleep book Daughter stated it was helpful too her.



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