



Sleep Journal



Premise Content

Sleep Journal: Hugging the Pillow 6x9 - Eight Weeks of Tracking Your Sleep Patterns - Sleep Journal Log - Monitor Sleeping Habits and Insomnia (Guided Journals & Trackers)



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Monitoring your sleep with this journal for eight weeks can help you recognize patterns and identify you skill to progress sleep. Lack of sleep impacts every aspect of our lives - wellness, happiness, work, romantic relationships and relaxation. This journal includes space to track the number 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 even more. For better, more restorative sleep, utilize this sleep journal made to show you in tracking rest practices and patterns. Insomnia and sleep-deficiency have become common problems nowadays. eight weeks of daily monitoring pages, week-at-a-glance web pages and journal pages for dreams.



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! This sleep journal? For ~\$5, I can't complain though. Let me begin by stating I'm a chronic insomniac, yet it's only been lately I've realized how self-induced that's with avoiding bedtime. Getting myself recording my rest/nighttime behaviors offers been totally 100% instrumental in changing my nightly patterns. backwards? BUT - It isn't organized intuitively. The design and scales for rating "sleep quality" and such are... Due to that, this journal rocks. Like, scoring "1" out of "10" = best value sleep. I'd assume 10/10 = best. So, that's how it's "backwards". There is a fair amount of pages, and I like that there's a "weekly review" page after each 7 daily logs that you should plug in all the relevant details from the week and compare your sleep habits in a far more overarching style. e. It does the trick for finding out why I didn't sleep well. I honestly just bypass this by scratching away the "best" and "worst type of" and use what makes sense in my own brain, i. Not really the very best. It does the secret. There are several faults, but it is merely fine. Even my Doctor loves this Journal! Many thanks Premise Content. My naturopath wished me to keep an eye on why I don't rest. When I showed him this journal he also loved it and will be recommending it to his patients. 1/10 = worst quality sleep, 10/10 = best. I really like this journal and everything about any of it is perfect. I have 12 of your journals and I love them all. Super Little Journal. I am today aware of what held me back. This journal is as wonderful I hoped it will be - and more!!! And IT'S SO CUTE! Rest journaling = profoundly beneficial. Thank you Premise Content for making my (sleep) life therefore much healthier. Perfect, actually. I'm gonna buy more of the journals. Perfect!



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