## 2023 SLEEP JOURNAL

MONDAY	TUESDAY		
REFLECTION	REFLECTION		
I am grateful for:	I am grateful for:		
	Turn your routine into habit with a simple		
NIGHT ROUTINE	NIGHT ROUTINE		
EVENING SUPPLEMENTS	EVENING SUPPLEMENTS		
Add Charlotte's Web Sleep Gummies to your			
evening to support sound, quality sleep.	A REAL PROPERTY AND ADDRESS OF THE OWNER OW		
SLEEP RATING	SLEEP RATING		
NIGHT NOTES	NIGHT NOTES		
	CONTRACTOR DESCRIPTION OF A DESCRIPTION		



	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Try making a habit of going to bed at the same time	ne every night.		
	REFLECTION	REFLECTION	REFLECTION	REFLECTION
	I am grateful for:	I am grateful for:	I am grateful for:	I am grateful for:
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	NIGHT ROUTINE	NIGHT ROUTINE	NIGHT ROUTINE	NIGHT ROUTIN
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5	EVENING SUPPLEMENTS	EVENING SUPPLEMENTS	EVENING SUPPLEMENTS	
Ser.				
7	SLEEP RATING $\swarrow$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$	SLEEP RATING $\downarrow \downarrow $	SLEEP RATING $\downarrow \downarrow $	SLEEP RATING $\swarrow$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$
ALC: NOT ONLY IN COLUMN	NIGHT NOTES	NIGHT NOTES	NIGHT NOTES	NIGHT NOTES
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