

Day One

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Two

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Three

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Four

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Five

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Six

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?

Day Seven

Elevate Your eight: Sleep Journal

How do you feel this morning? On a scale of 1-10 (10 being the best), how well did you sleep?

Did you wake up in the middle of the night? If so, can you recall why? How long did it take you to get back to sleep?

Did you do any "delaying" behaviors upon waking (i.e., hit snooze, check your phone, turn on the TV, etc.)?

Did you dream? Do you remember what you dreamt about?