


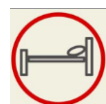


Sleep Diary

Day 	Wake-up & Fall-asleep time	Sleep hygiene goals in place	Goal(s) achieved  	Sleep quality rating upon wake up (0-10)
Monday	Fall-asleep time 11:30 Wake-up time 07:15	<ul style="list-style-type: none"> • Tidy Room • Listen to a podcast instead of going on your phone • Discontinue caffeine after 5pm 	Yes Yes No	7/10



Derwent Rural Counselling Service

