

**#DoThisThing:**

# Learn to Sleep Better

Sleep hygiene is self-care for cool kids.

## Sleep Hygiene Log

Use this sheet to remind you of the helpful sleep habits you're going to put into practice each day. Check the box for every habit you complete, and start to see your symptoms improve.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Wake time b/t 6-6:30 am							
No caffeine before bed							
Exercise 30 min							
Ditch device 8 pm							
Phone in family room							
Read 15 min							
Nightly gratitude list							
Wash face/brush teeth							
Deep muscle relaxation							
Bedtime b/t 9-9:30 pm							
8-10 hours of zzz's							

**#NOTTHERAPY**