










dagsmejan°

[sleepwear reinvented]

MY WEEK IN SLEEP

	BEFORE SLEEP				AFTER SLEEP				
	 CAFFEINE INTAKE (CUPS)	 ALCOHOL INTAKE (UNITS)	 HEALTHY EATING (1-10)	 EXERCISE TIME (MINS)	 TIME FELL ASLEEP	 TIME WOKEN UP	 WOKE UP FEELING	 HOT OR COLD IN THE NIGHT?	 QUALITY OF SLEEP (1-10)
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

Download additional weeks for your sleep diary at www.dagsmejan.com/sleep-diary