

A SLEEP AND REST STUDY

DAY	Did you nap or rest in the day?	How long before bed did you stop your daily routine?	Did you eat close to bed time? If so what?	What did you do the hour before bed? *	What time did you go to bed?	How many hours did you sleep?	How did you feel upon waking? *	What was the quality of your sleep? *	What else may have affected your sleep time?
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

For words and descriptions, please see the sleep study in your Grandeur of Sleep book.