



*Sleep Journal*  
**AUGUST'S MY MIGHTY  
MONTH CHALLENGE**

*The*  
**MIGHTY**

Today's Date:

Bed and Wake Time:

Hours Slept:

Sleep Quality



**Did you?**

- Eliminate Screens
- Take Pain or Sleep Meds
- Limit Naps
- Stop Caffeine in the Afternoon
- Leave Your Bed When Not Sleeping
- Exercise at least 4 hours before bed

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