

Naps and the Night After

Helps you see how your daytime sleep and your night sleep are connected.

WHEN TO USE THIS

Use this over one week, filling in a line each evening.

When you lie down during the day, what is usually going on?

Worn out, bored, low, in pain, or the couch was right there.

Fill in one line each day this week.

DAY	NAP - WHEN, HOW LONG	THAT NIGHT'S SLEEP

Looking at the whole week, what do you notice about naps and your nights?

What is one thing you want to try differently next week?

You are gathering facts about your own body, not grading yourself.