

Nights That Do Not Settle

Track how nights are going and what helps you get back down after you jolt awake.

WHEN TO USE THIS

Use this for a few mornings after a night you woke up wired or could not get to sleep.

Fill this in in the morning for a few days.

NIGHT	WOKE UP?	WHAT GOT ME BACK DOWN

What is usually around when you wake in the night?

- ☐ A noise outside
- ☐ A dream I cannot shake
- ☐ Heart pounding, no reason I can name
- ☐ Too hot or too cold
- ☐ A phone or a screen
- ☐ Needing the bathroom
- ☐ Someone else moving about
- ☐ No idea

What is one small change you could make to the hour before bed?

If nights stay this hard for weeks, that is worth telling your doctor. You do not have to ride it out alone.

A bad night is a bad night. It is not a verdict on tomorrow.