

Sleep Tracker

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bedtime Goal																															
Wake Time Goal																															
Sleep Hours Target																															
Total Hours Sleep																															
Dim Lights																															
Temperature 18-20																															
No phone/ screen 1 hour																															
Walk/ Exercise																															
Gratitude/ Breathing/ Prayer																															
Pillow/Mattress																															

Cactus Chiropractic Lifestyle Centre

Tel: 3808 - 8040

www.cactuschiropractic.com.au

BOOK HERE



3808 - 8040



*"Sleep is the
Golden Chain
that ties
Health
and our
Bodies
together."*

**-Thomas
Dekker**

*Sleep
Tracker*

