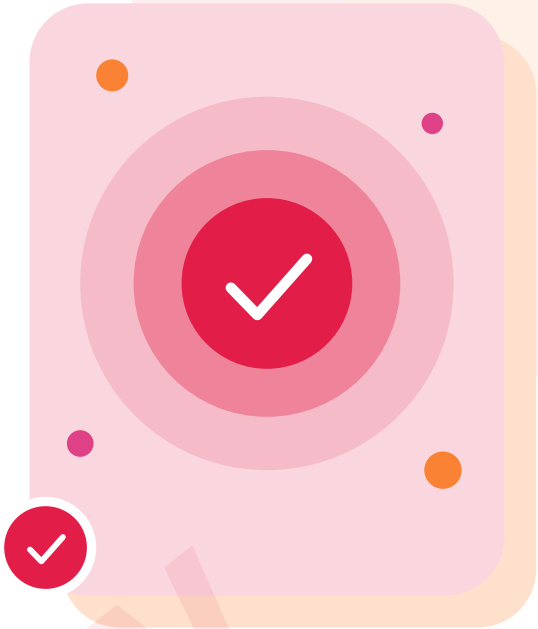
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Tracking Your Sleep Quality

Monitoring your sleep quality helps identify patterns and improve overall rest. Use this checklist to create healthier sleep habits.

10 steps | Print-ready A4



NAME _____ START _____ TARGET DATE _____

1 **Set a Regular Sleep Schedule**

Go to bed and wake up at the same time daily, even on weekends. Aim for 7–9 hours of sleep to support optimal health.

2 **Use a Sleep Tracker**

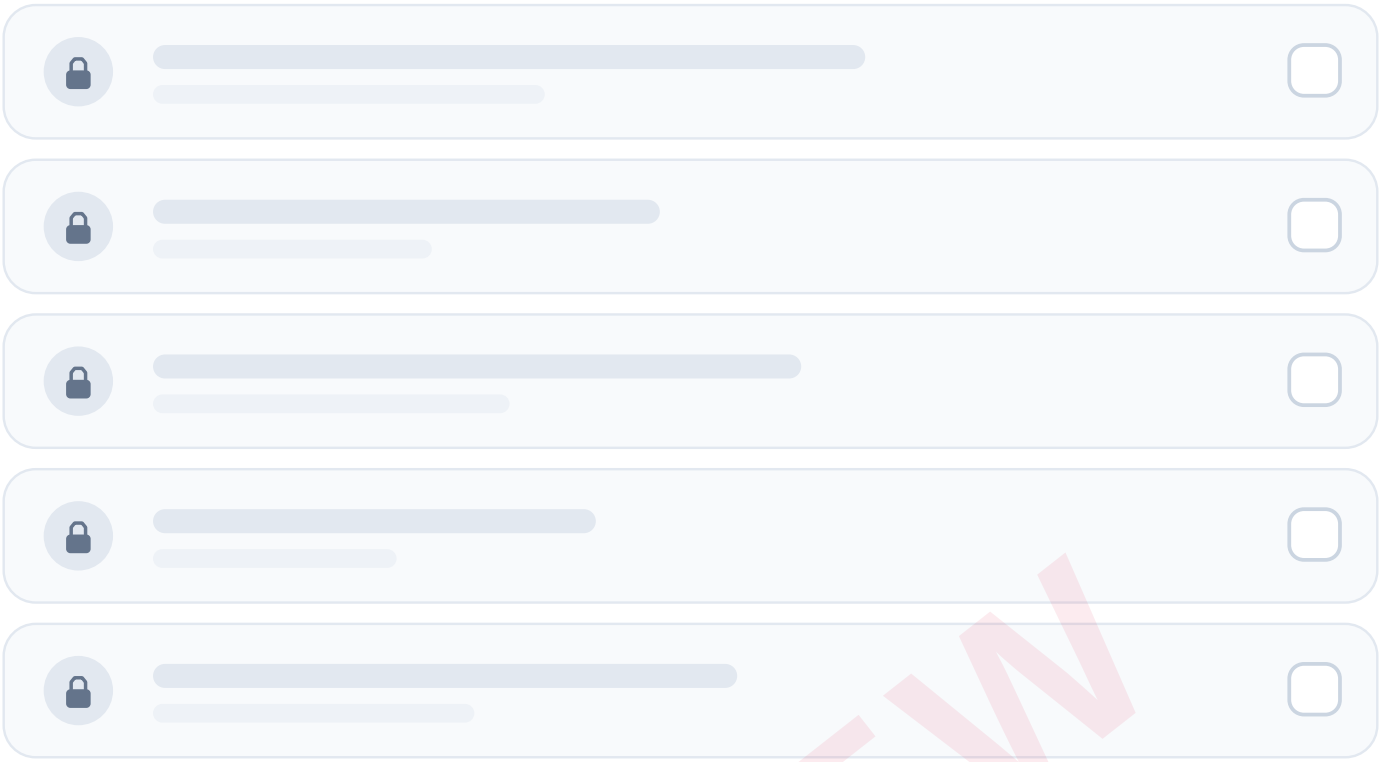
Utilize a wearable device or app to monitor sleep duration and cycles.

EXAMPLE *Apps like Sleep Cycle, Fitbit, or Oura Ring.*

3 **Log Your Sleep Environment**

Track factors like room temperature, noise levels, and light exposure. Make notes about bedding comfort or changes in your setup.

PREVIEW



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PREVIEW