

My Sleep Companion



How To Use

This Sleep Companion will help you keep track of your current habits and show you how they affect your sleep.

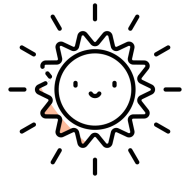
Track your daily activities to notice patterns in your life and then decide what habits you want to change to improve your sleep quality.

Don't forget that when you sleep better, life gets better too!

Scan the QR Code for the **Let's Sleep!** App



1 - Sleep and My Day



Go here to notice patterns in your productivity and mood, as well as your workout and napping habits.



Check out the Office in the **Let's Sleep!** app

3 - My Sleep Routine



Go here to build a sleep routine to help you relax and prepare your brain and body for bed.



Check out the Living Room in the **Let's Sleep!** app

2 - Sleep and My Diet



Go here to notice patterns in your eating and drinking habits, as well as your caffeine intake.



Check out the Kitchen in the **Let's Sleep!** app

4 - My Sleep Quality



Go here to see how your current bedtime habits affect your sleep quality.

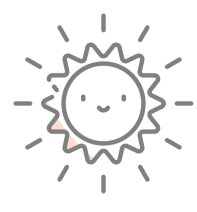


Check out the Bedroom in the **Let's Sleep!** app

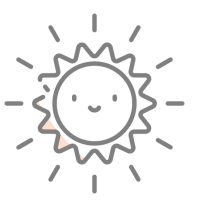
A decorative border at the top of the page featuring several stylized sun icons with smiling faces and radiating lines.

Sleep and My Day

This section looks at how the quality of your sleep affects your focus, mood, and overall performance.

A single sun icon with a smiling face and radiating lines, positioned to the left of the text.


Log your daily productivity, mood, nap duration (if you napped) and workouts. Make sure to include the workout times and the intensity of your work out. For exmaple, 1 dumbbell = light, 2 dumbbells = moderate and 3 dumbbells = heavy.

A single sun icon with a smiling face and radiating lines, positioned to the right of the text.A decorative border below the first section featuring several stylized sun icons with smiling faces and radiating lines.


A decorative border at the bottom of the page featuring several stylized apple icons with smiling faces and a small green leaf.

Sleep and My Diet

This section looks at how your eating and drinking habits affect your sleep.

A single apple icon with a smiling face and a small green leaf, positioned to the left of the text.

Monitor your caffeine intake by logging how many cups of coffee you drank as well as the time of your last coffee. Also note write down the last time you ate and drank something. You can write what you last ate and drank in the 'Notes' box.

A single apple icon with a smiling face and a small green leaf, positioned to the right of the text.

	NAP DURATION	MOOD	PRODUCTIVE	WORKOUT START TIME	WORKOUT END TIME	WORKOUT INTENSITY
MON	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
TUE	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
WED	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
THU	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
FRI	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
SAT	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
SUN	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>

	NUMBER OF CUPS	LAST COFFEE	LAST MUNCHIE	LAST DRINK	NOTES
MON	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
TUE	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
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The page is decorated with a repeating pattern of simple, grey crescent moon icons. Some moons are larger and more prominent, while others are smaller and partially cut off by the edges of the page. They are scattered across the background, creating a night-themed aesthetic.

My Sleep Routine

This section looks at creating a personalized bedtime routine that promotes relaxation and prepares you for restful sleep.

Check out the Sleep Routine example and then plan your own sleep routine with some wind-down activities, such as reading, taking a bath or relaxing through meditation.

Below a horizontal line, the page is decorated with a repeating pattern of simple, grey cloud icons. Each cloud has a small, smiling face with two orange dots for eyes and a small 'u' for a mouth. Above each cloud are three 'z' characters, indicating sleep. The clouds are scattered across the bottom half of the page, creating a soft, dreamy aesthetic.

My Sleep Quality

This section looks at your sleep quality and helps you identify patterns so you can optimize your sleep.

Record your bedtime and wake-up time to monitor your sleep schedule. Make sure to write the number of hours of sleep you got and also rate your sleep quality.

APRIL 14-20, 2025

APRIL 14-20, 2025

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	BEDTIME	WAKE UP	HOURS OF SLEEP	SLEEP QUALITY	NOTES
MON					
TUE					
WED					
THU					
FRI					
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SUN					

	NAP DURATION	MOOD	PRODUCTIVE	WORKOUT START TIME	WORKOUT END TIME	WORKOUT INTENSITY
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SAT	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
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TUE	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
WED	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
THU	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
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TUE	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
WED	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
THU	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
FRI	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
SAT	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>
SUN	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div></div><div></div></div>

	NUMBER OF CUPS	LAST COFFEE	LAST MUNCHIE	LAST DRINK	NOTES
MON	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
TUE	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
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SAT	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>
SUN	<div><div></div><div></div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div><div></div><div>:</div><div></div></div>	<div></div>

YOUR OWN SLEEP ROUTINE CHECK LIST FOR _____

	M	T	W	T	F	S	S
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	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
	M	T	W	T	F	S	S

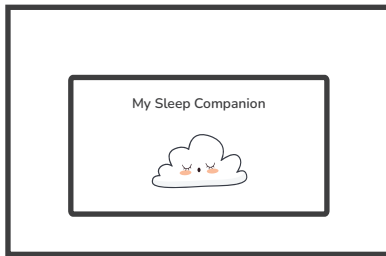
	BEDTIME	WAKE UP	HOURS OF SLEEP	SLEEP QUALITY	NOTES
MON	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
TUE	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
WED	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
THU	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
FRI	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
SAT	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	
SUN	<div><div>:</div></div>	<div><div>:</div></div>		<div><div>☹</div><div>☹</div><div>☹</div><div>😊</div><div>😊</div><div>😊</div></div>	

YOUR OWN SLEEP ROUTINE CHECK LIST FOR _____

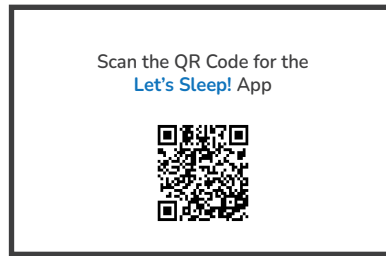
	M	T	W	T	F	S	S
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	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
	M	T	W	T	F	S	S
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	BEDTIME	WAKE UP	HOURS OF SLEEP	SLEEP QUALITY	NOTES
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TUE	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	
WED	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	
THU	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	
FRI	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	
SAT	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	
SUN	<div><div>:</div></div>	<div><div>:</div></div>		<div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	

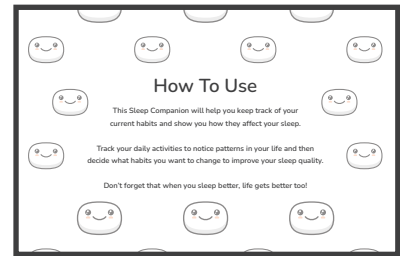
How to order the pages:



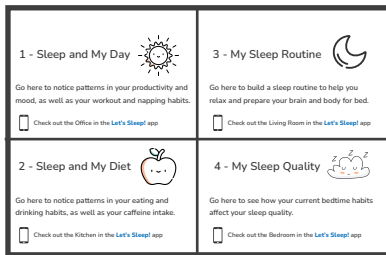
1 - Cover



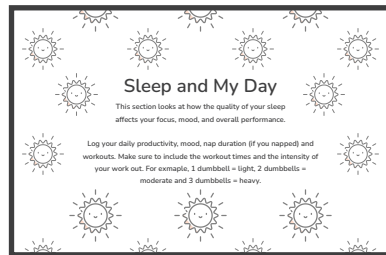
2 - QR Code



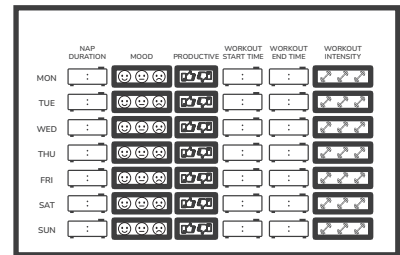
3 - How to use



4 - Sections

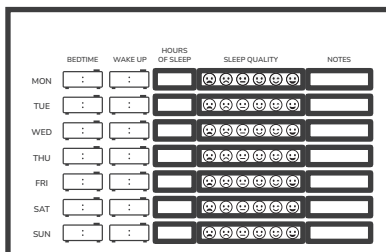


5 - Section 1



6 - Nap Duration

How to order the pages:



13 - Bedtime

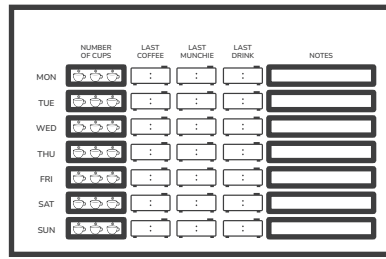
There are extra pages that you can print if you want to keep tracking your weekly habits for each section.

Also, you can print this Sleep Companion as double sided or single sided!

How to order the pages:



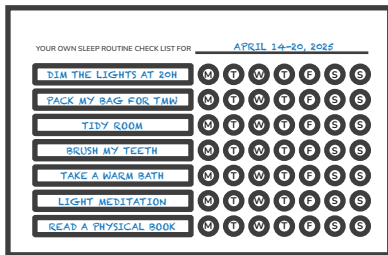
7 - Section 2



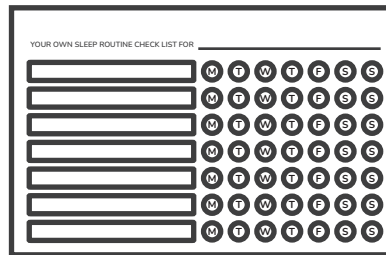
8 - Number of Cups



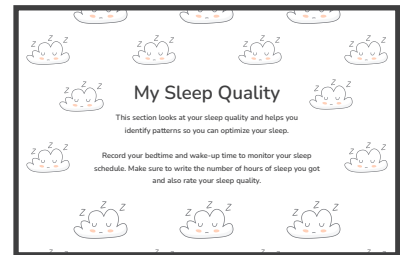
9 - Section 3



10 - Sleep Routine



11 - Empty Routine



12 - Section 4