



7- DAY SLEEP TRACKER

✓ MY HEALTHY ROUTINES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER DOWN ½ - 1 HOUR BEFORE BEDTIME							
BRUSH & FLOSS TEETH							
ENGAGE IN A CALMING ACTIVITY LIKE READING							
DIM LIGHTS							
OTHER ROUTINES: • •							
HOW MANY HOURS DID I SLEEP? Aim for: Children (5 - 10) 10 - 11 hours Youth (11 -17) 8.5 - 9.5 hours Adults (18+) 7 - 9 hours							