

SLEEP



WORKBOOK

BY M.E JOURNALS

# Welcome!

Welcome to your Sleep Workbook, a guide designed to help you achieve restful and rejuvenating sleep.

Whether you're struggling with insomnia, finding it hard to stay asleep, or simply seeking ways to enhance your sleep quality, this workbook is here to support you every step of the way.

Inside, you'll discover practical strategies, insightful exercises, and techniques tailored to improve your sleep habits and promote a healthier, more balanced lifestyle.

By committing to this journey, you are taking a significant step toward better sleep and overall well-being. Let's embark on this path together, as we unlock the secrets to a good night's sleep and transform your nights into a source of comfort and revitalization.

## Sweet Dreams!



M.E Journals wants to help you to Create Healthy Habits by Finding Routines and Systems that work for you!

We all need Sleep !

Let's create healthy habits one at a Time !

# SLEEP

What time do you need to get up at to have a calm morning? (ie 7am)

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Count back 8 hours, this is the time you need to be asleep by. (ie 11pm)

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Give another 1 hour - to be in bed by to wind down. (ie 10pm)

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# SLEEP

What do you need to do before you get into bed?

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Do you need a Shower? a Bath?

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Do you like to do gentle stretches or yoga?

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# SLEEP

Do you like to have a cup of camomile tea?

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Do you like to read at night?

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Do you have tomorrows clothes set out?

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# SLEEP

Are you prepared for tomorrow?

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Have you brain dumped into a journal?

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Have you turned off the lights?

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# SLEEP

Have you left your phone out of the room?

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Have you set your alarm for 10pm every night to get to bed?

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Have you set your alarm for 7am every morning?

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# SLEEP

Do you need to snooze? (ie 15 mins) set alarm to allow for snoozing

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Get outside first thing in the morning

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Break your fast with some water

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# Evening Routine

- Start Routine to Wind Down
- Stretches
- Bath or Shower
- Cleanse Your Face
- Journal
- Set out Clothes for Next Day
- Prepare for Tomorrow
- Nighttime Tea or Water

I am Grateful for this day!

# Evening Routine

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I am Grateful for this day!

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## WANNA LEARN MORE?

Would you like to create more healthy habits ?

We'd love to hear from you!

Your journey towards better sleep is unique, and your experiences and insights can inspire and help others.

Connect with us to share your progress, ask questions, or seek personalized advice.

Join our community of sleep enthusiasts on our social media platforms, or drop us an email.

Together, we can support each other, celebrate successes, and tackle challenges, ensuring everyone enjoys the restful sleep they deserve.

Let's stay connected and make this journey a collaborative and uplifting experience!