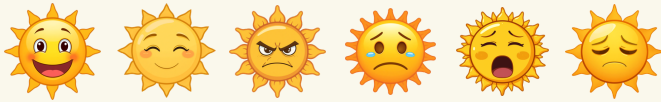


Name _____

Date _____

MY SLEEP DIARY

I woke up feeling



My sleep was



Three things I did to get ready for bed

The best part of my sleep or dream was

Tonight I will try to

I am thankful for