















# SLEEP SELF-CARE DIARY

## YOUR DAILY WELLNESS CHECK-IN

If you're not sleeping well, it can be helpful to check in with your daily habits to see what's working—and what could use a little fine-tuning. Use the Sleep Habit Tracker below to learn more about your sleep patterns and how they correlate with what you do during the day. Make copies and use a fresh sheet each week! You probably only need to track a week or two to understand your sleep patterns.

### SLEEP HABIT TRACKER

	MON	TUE	WED	THU	FRI	SAT	SUN
 BEDTIME LAST NIGHT							
 WAKE-UP TIME							
 HOW I SLEPT LAST NIGHT							
 HOW I FELT WAKING UP							
 MORNING MOUTH? Y/N							
 LUNCH TIME							
 DINNER TIME							
 CAFFEINE INTAKE							
 ALCOHOL INTAKE							
 BEDTIME RITUALS? (BATH, AROMATHERAPY, ETC)							
 ENERGY LEVELS TODAY							
 MOOD TODAY							
NOTES							



## THE IDEAL AYURVEDIC ROUTINE (DINACHARYA)

When you're feeling underslept or off-balance, it can be helpful to get back to basics. Reset your inner clock by following the ideal Ayurvedic routine. You don't have to check every item off the list! Just do what you can and see what works best for you.

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## MORNING

- Arise early (ideally at around 6 a.m.)
- Brush teeth, scrape tongue
- Drink a glass of water to stimulate bowel movement
- Abhyanga (self-massage with warm oil)
- Yoga
- Meditation
- Light breakfast (cooked fruit, warm cereal, etc.)
- Don't forget your allergen-balancing herbals!
- Morning walk (if local pollen count allows)
- Work or productive activity

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## AFTERNOON

- Biggest meal of the day at lunchtime. Favor the Pitta-Kapha diet.
- Work or productive activity
- Exercise (walk, cardio, or stretching—even 20 mins makes a difference!)
- Downtime before dinner [second set of yoga and meditation?]

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## EVENING

- Enjoy a light dinner (avoid heavy meals at this time)
  - Don't forget your allergen-balancing herbals!
  - Unplug and unwind a few hours before bed
  - Early to bed—ideally before 10 p.m.
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