

Monitor your sleep and its improvement over the first 3 weeks of using the bedding, so it's easier to look back and see the improvements in your sleep and overall well being.



# Sleep Diary

[www.sleepearthed.co.uk](http://www.sleepearthed.co.uk)

Please let us know how you got on with our product. Feedback is always very valuable to us.

Contact: [info@sleepearthed.co.uk](mailto:info@sleepearthed.co.uk)  
Or call Steve or Simon on 01527 522 522

<b>Week 1</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Time I went to bed ?							
Time I woke up ?							
How many times I woke up ?							
How many Hours did I sleep ?							
What did you do in the 2 hours before you went to bed ?							
How did you feel when you woke up on a scale of 1 - 10 ? 1 = Bad 10 = Great							

<b>Week 2</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Time I went to bed ?							
Time I woke up ?							
How many times I woke up ?							
How many Hours did I sleep ?							
What did you do in the 2 hours before you went to bed ?							
How did you feel when you woke up on a scale of 1 - 10 ? 1 = Bad 10 = Great							

<b>Week 3</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Time I went to bed ?							
Time I woke up ?							
How many times I woke up ?							
How many Hours did I sleep ?							
What did you do in the 2 hours before you went to bed ?							
How did you feel when you woke up on a scale of 1 - 10 ? 1 = Bad 10 = Great							