

Eat to Sleep Challenge Diary

It's your two-week Eat to Sleep Challenge! For the next two weeks, write down all of your meals and beverages, and take note of your sleep schedule and sleep quality. Once the two weeks are up, you can start over by adding in pro-sleep foods to test their impact on your sleep.

W E E K O N E	Monday		Tuesday	
	How was last night's sleep?		How was last night's sleep?	
	How did waking up feel?		How did waking up feel?	
	Breakfast		Breakfast	
	Snack		Snack	
	Lunch		Lunch	
	Snack		Snack	
	Dinner		Dinner	
	Snack		Snack	
	Tonight's Bedtime		Tonight's Bedtime	
	Wednesday		Thursday	
	How was last night's sleep?		How was last night's sleep?	
	How did waking up feel?		How did waking up feel?	
	Breakfast		Breakfast	
	Snack		Snack	
	Lunch		Lunch	
	Snack		Snack	
	Dinner		Dinner	
	Snack		Snack	
Tonight's Bedtime		Tonight's Bedtime		

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W E E K O N E	Friday		Saturday	
	How was last night's sleep?		How was last night's sleep?	
	How did waking up feel?		How did waking up feel?	
	Breakfast		Breakfast	
	Snack		Snack	
	Lunch		Lunch	
	Snack		Snack	
	Dinner		Dinner	
	Snack		Snack	
	Tonight's Bedtime		Tonight's Bedtime	
	Sunday		Notes	
	How was last night's sleep?			
	How did waking up feel?			
	Breakfast			
	Snack			
	Lunch			
	Snack			
	Dinner			
	Snack			
Tonight's Bedtime				

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How did I sleep overall?

Did I notice any connection between food and sleep issues?

Are there changes I can make to help get a healthier night of sleep?

Anything else?