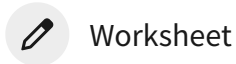


Restore: The meQ Sleep Solution

Session 1



Sleep Diary

Track your progress in this sleep diary so you can find your sleep sweet spot, which is the number of hours of sleep you need per night.

Keep the diary for about a week or until you feel confident you know the number of hours you need per night to feel good.

Day of the week	Bedtime	Rise time	Time to fall asleep? (Est.)	Wake-ups?	How do I feel today?
<i>Monday</i>	<i>11PM</i>	<i>6:30AM</i>	<i>25 mins</i>	<i>1: 60 mins @ 2:30AM (Worrying about work)</i>	<i>Hard to get up, but felt energy kick in mid-morning. Overall, I feel okay.</i>

