

LIVING *Fabulously* Sleep Tracker  
with BEV

Just 1 Thing this week

.....  
*Sleep Focus*

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<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						

.....  
*Movement Focus*

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<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						

.....  
*Wind down Focus*

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<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						

.....  
*Gratitudes*

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## *Why use your Sleep Tracker*

When you have made a decision to improve the quality of your sleep it takes consistent action to build a new habit.

We are creatures of habit because our brains love to predict what's happening. This is what can keep you locked into old ways of being.

So using your Sleep Tracker as a daily checklist will help your brain to connect with and support you to build a new sleep habit!

The reason there are 4 sections to the Sleep Tracker is that each of these are factors in getting better quality sleep

- Sleep Focus is a goal that will improve your sleep hygiene which could include a regular bedtime, a sleep schedule or a device policy to stop disrupting your sleep hormone
- Movement Focus is to ensure you make time to include physical movement every day. There is so much evidence that movement which includes breath work is good for wellbeing in many ways including improving your sleep. This could include a walk in nature, a swim in the ocean or even taking the stairs instead of the escalator
- Wind down Focus is a calming activity that allows you to create a nurturing and nourishing window where you focus on yourself for at least 30 - 60 minutes before bedtime
- Gratitudes support you to recall the positive aspects of your day so that you reinforce your own positivity and happiness. Our brains are wired to protect us and is like velcro for negative experiences and teflon for positive ones. This activity before bedtime supports you to let go of stress and anxiety from your day.

## *How to use your Sleep Tracker*

Print this sheet each week and keep next to your bed.

Each week set yourself a specific focus for Sleep, Movement, and Wind down

Each night tick your achievements or leave it blank if you didn't and write upto 3 gratitudes.

This will help you to positively reinforce the change