



Mindful
Sleep
JOURNAL

MARCH

Calm



This is an invitation to get curious about your sleep and how it impacts your daily life.

You might be surprised by what you discover after a month of paying attention to how much shuteye you're getting, how well you sleep, what supports your slumber, what hijacks your snooze, and how you're feeling during your waking life. There's no right or wrong way to do this and it doesn't have to take all night. Give yourself a few minutes right before bed and just after you wake to jot down what you noticed. No need to analyze, but you might be inspired to make some changes as insights arise and you become aware of patterns.

On page 4, we invite you to choose a Sleep Experiment from a list of practical tips that have helped many people get a more restful sleep.

On page 5, we've created a sleep log for you. Just draw a box around the hours you were sleeping or highlight the time that you slept.

On the following pages we've left space each day for an evening wind down and morning reflections. It's up to you what you want to use this space for, but here are a few ideas:

EVENING WIND DOWN

What are you grateful for today?

What do you want to let go of today?

What did you do today that might support a good night's sleep?

What intention do you want to set for your sleep tonight?

MORNING REFLECTIONS

How was the quality of your sleep? (you could rate it from 1-10)

When were you awake during the night?

Do you remember any of your dreams?

If you had trouble sleeping, what was on your mind?

How are you feeling right now.

Other things you may want to explore:

How are social media and screens impacting your sleep?

How does what you eat and drink affect your sleep?

How does exercise affect your sleep?

How does meditation affect your sleep?

Wishing you sweet slumber,
The Calm Team

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COMMIT TO ONE THING TO IMPROVE YOUR



bedtime routine

- Try putting your phone away an hour and a half before bed and read a book instead
- Swap out your afternoon coffee for a relaxing caffeine-free hot tea
- Set a "wind down" reminder on your phone to remind you to begin your evening routine
- Listen to a Sleep Story or sleep meditation to help you drift off to dreamland
- Minimize sleep distractions by using a sleep mask or ear plugs
- Make your bedroom a "tech free" zone free from laptops, smartphones, etc.
- Eat dinner at least 3 hours before going to bed
- Avoid beverages at least 90 minutes before bed

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sleep LOG

Just draw a box around the hours
you were sleeping or highlight
the time that you slept.

	PM			AM							PM													
	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
1 Th	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
2 F	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
3 S	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
4 Su	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
5 M	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
6 T	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
7 W	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
8 Th	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
9 F	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
10 S	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
11 Su	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
12 M	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
13 T	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
14 W	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
15 Th	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
16 F	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
17 S	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
18 Su	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
19 M	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
20 T	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
21 W	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
22 Th	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
23 F	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
24 S	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
25 Su	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
26 M	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
27 T	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
28 W	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
29 Th	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
30 F	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
31 S	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 1

MARCH 2

MARCH 3

Journal grid with 14 horizontal lines on the left and 14 horizontal lines on the right, separated by a vertical line.

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 4

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MARCH 5

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“ Even the darkest night will end and the sun will rise. ”

- Catherine Drinker Bowen

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 6

MARCH 7

MARCH 8

Lined writing area for journaling reflections.

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 21

MARCH 22

MARCH 23

Lined writing area for journaling reflections.

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 24

MARCH 25

“ Let the waves of your breath gently ”
lull you into a beautiful dreamland.

- *Calm*

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EVENING WIND DOWN / MORNING REFLECTIONS

MARCH 26

MARCH 27

MARCH 28

Lined writing area for reflections, divided into two columns.

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LOOKING BACK

How did the month go?

What did you learn about yourself and your sleep?

What will you take with you?

Any intentions for the month ahead?

Sweet
Dreams
FROM *Calm*