

Sleep better

Week 1 health age score _____

Week 4 health age score _____

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Have six to eight hours sleep per night								
Keep regular sleep and wake up times								
Cut down on stimulants such as tea and coffee, particularly in the evening								
Create a restful environment in your bedroom								
Have a 9:30pm curfew for smart devices								
TOTAL POINTS FOR THE WEEK								

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Have six to eight hours sleep per night								
Keep regular sleep and wake up times								
Cut down on stimulants such as tea and coffee, particularly in the evening								
Create a restful environment in your bedroom								
Have a 9:30pm curfew for smart devices								
TOTAL POINTS FOR THE WEEK								

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Have six to eight hours sleep per night								
Keep regular sleep and wake up times								
Cut down on stimulants such as tea and coffee, particularly in the evening								
Create a restful environment in your bedroom								
Have a 9:30pm curfew for smart devices								
TOTAL POINTS FOR THE WEEK								

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Have six to eight hours sleep per night								
Keep regular sleep and wake up times								
Cut down on stimulants such as tea and coffee, particularly in the evening								
Create a restful environment in your bedroom								
Have a 9:30pm curfew for smart devices								
TOTAL POINTS FOR THE WEEK								