

Reiki Sleep Challenge

Instructions: Begin by writing down the time you went to bed last night and the time you awoke this morning. Calculate the total number of hours of sleep Repeat these steps for a month to more accurately gage if you are indeed getting enough rest or if you are running on a deficit. At weeks and months end if in a deficit, what accumulative deficit are you operating on?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week +/- Total	
Time Asleep									
Time Awake									
Total Hours									
Time Asleep									
Time Awake									
Total Hours									
Time Asleep									
Time Awake									
Total Hours									
Time Asleep									
Time Awake									
Total Hours									
Time Asleep									
Time Awake									
Total Hours									
Time Asleep			Notes:						Month Grand +/- Total
Time Awake									
Total Hours									