

Sleep Diary

Fill out this sleep diary every morning to the best of your ability. Over time, you'll be able to track and explore the habits, patterns and routines that affect your sleep.

SLEEP

Get into bed at:		How long it took to fall back asleep:	
Turned off the lights at:		Woke up for good at:	
Time it took to fall asleep:		Rate how you felt at wakeup (1 = worst, 10 = best):	
How many times did you wake up throughout the night?		Got out of bed at:	
What disrupted your sleep?		Rate your overall sleep quality (1 = worst, 10 = best):	
Describe your bedtime routine:			

ACTIVITY

How many naps did you take yesterday?		Total nap duration:	
When was your last nap of the day?		Rate your energy level throughout the day (1 = worst, 10 = best):	
What did you do for exercise?			
When did you exercise, and for how long?			

FOOD & DRINK

Number of caffeinated beverages consumed throughout the day:	
Time of last caffeinated beverage:	
List any food/drink consumed in the 2-3 hours before bed:	

Sleep Management Plan

Linda Wong

Sleep Management Plan:

The Sleep Management Plan Dale Hanson Bourke, 1992-10-15 It's not about sleeping. It's about living. Finally, here's a simple, easy-to-follow six-step program designed to make your sleeping hours more restful and your waking hours more productive. Individualized to meet your specific needs, this revitalizing system empowers you to take control of your sleeping patterns in order to overcome insomnia and other seemingly unmanageable sleep disorders. Increase your physical and mental energy. Reduce stress and anxiety. Enhance your self-esteem. Bolster your immune system and become more physically fit. Filled with humorous anecdotes and invaluable insights as well as stress tests, self quizzes, time planners, and more. The Sleep Management Plan will help you solve all your sleeping problems for good.

Military Preventive Medicine, 2003

Textbooks of Military Medicine: Military Preventive Medicine, Mobilization and Deployment, V. I, 2003

Textbooks of Military Medicine Patrick Kelley, specialty editor. Explores the various natural and manmade challenges faced by today's soldier upon mobilization and deployment. Offers comprehensive research on a range of topics related to preventive medicine, including a historic perspective on the principles of military preventive medicine, national mobilization and training preparation for deployment, and occupational and environmental issues during sustainment.

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Pragya Gogoi, 2024-03-29 Embark on a life-changing journey with *Lifestyle Strategies for PCOS Management*, where knowledgeable writers combine real-life experiences, patient case studies, and practical insights to demystify the intricate world of polycystic ovarian syndrome (PCOS). This all-inclusive guide leads readers through customized lifestyle techniques such as diet plans and workout regimens designed to reduce symptoms and enhance overall health. This book provides powerful remedies for PCOS sufferers and their loved ones while also exposing worrisome statistics regarding the rise in cases among teenage females. By dispelling misconceptions and promoting a more profound comprehension of PCOS, this priceless tool gives users practical strategies to take back control of their health and way of life. *Lifestyle Strategies for PCOS Treatment* serves as your road map, whether you're looking for advanced treatment strategies or have just received a diagnosis.

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James R. Finley, Bret A. Moore, 2017-04-27 The *Veterans and Active Duty Military Psychotherapy Homework Planner* provides you with an array of ready-to-use between-session assignments designed to fit virtually every therapeutic mode. This easy-to-use sourcebook features 78 ready-to-copy exercises covering the most common issues encountered by veterans and active-duty soldiers in therapy, such as anger management, substance abuse, and dependence, bereavement, pre-deployment stress, and chronic pain after injury. A quick reference format, the interactive assignments are grouped by behavioral problems, including combat and operational stress reactions, post-deployment reintegration, survivor's guilt, anxiety, parenting problems related to deployment, and posttraumatic stress disorder. Expert guidance on how and when to make the most efficient use of the exercises. Assignments are cross-referenced to The Veterans

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