

Healthy Sleep:

Quality _____

Hours _____

Timeline

Secondary Choices

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Quality _____

Hours _____

Current Reality