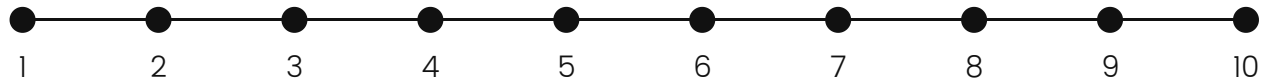


SLEEP

On average, how many hours of sleep do you get each night?



Let's talk about your sleep times, what is happening for you now and what your goal is:

CURRENTLY

When you get to bed

When you wake up

GOAL

Do you wake at a certain time each night? Make a note of it and check the body clock to find out what body system you may need to give some extra support.

What are your habits before bed?

CURRENTLY

eg. Playing games on phone

HOW CAN THIS BE IMPROVED?

ex. Reading a book

What are the biggest factors influencing your sleep, in your opinion? How can you address this?

Pick two-three herbs from this section that you resonate with, and consider making yourself a sleep brew.