

WesWell's Sleep Enhancement Challenge

Most adults require 7.5 to 9 hours of sleep per night. Are you getting adequate sleep? Challenge yourself to get at least 7.5 hours of sleep each night for a week - you may be surprised at the results in your alertness and general state of being!

My nightly goal for the week: _____ hours

	M	T	W	T	F	S	S
Hours slept							
This morning I felt: 1 — 2 — 3 — 4 — 5 Exhausted Refreshed							

* To be completed each morning

