My Sleep



Journal

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Valleys Steps
Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

students@valleyssteps.org

www.valleyssteps.org/students

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This journal belongs to:

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Before Bed

Caffeine

Alcohol

Exercise

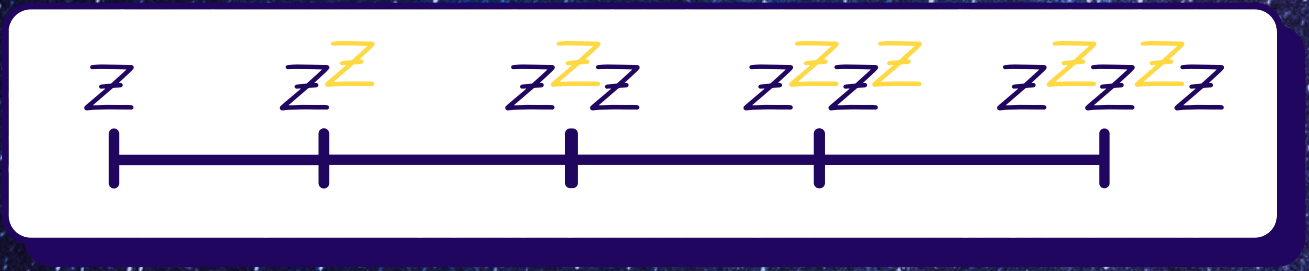
Eating

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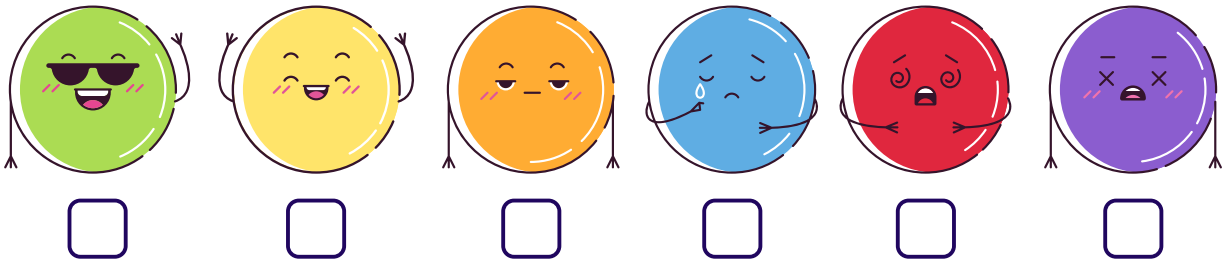


Before Bed

Sleepiness



Mood





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In the Morning

How many hours?

Time went to bed

Time got up

Energy

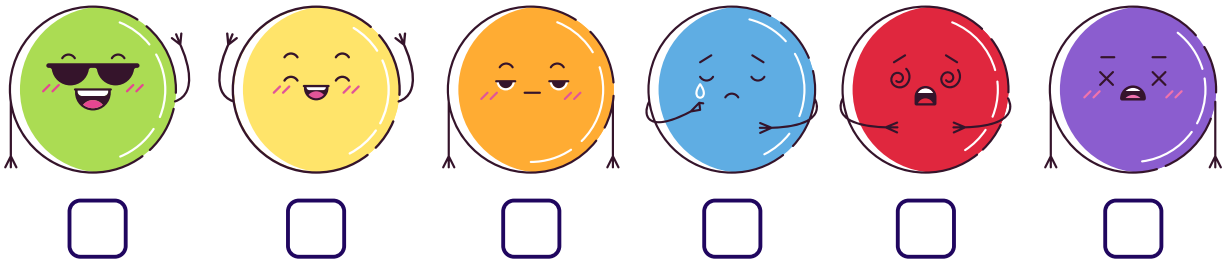
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In the Morning

Sleep quality

Mood



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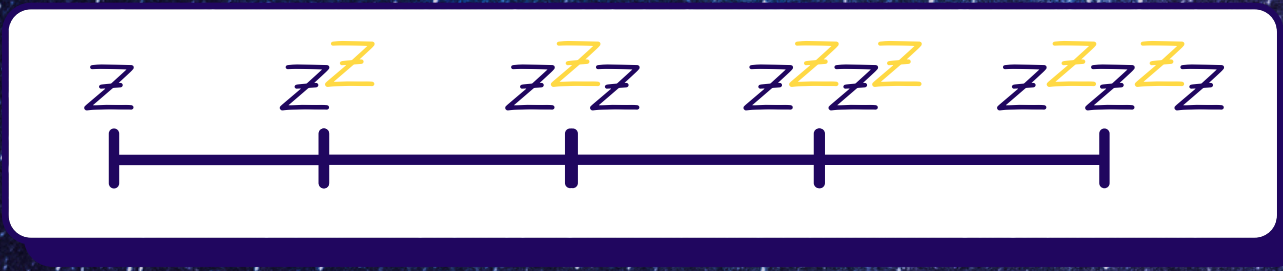


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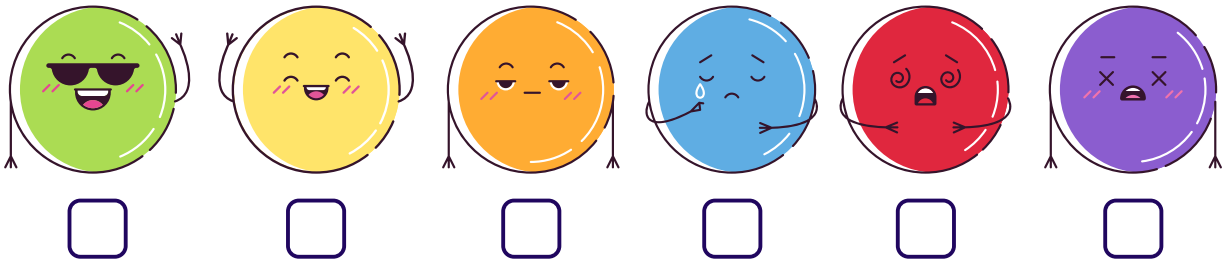


Before Bed

Sleepiness



Mood



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In the Morning

How many hours?

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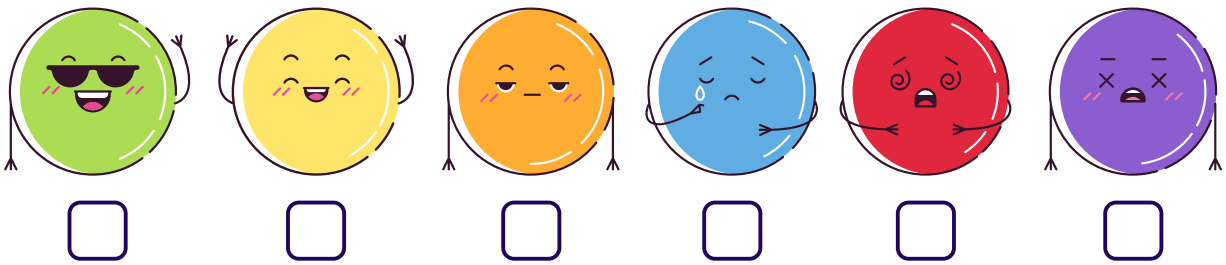
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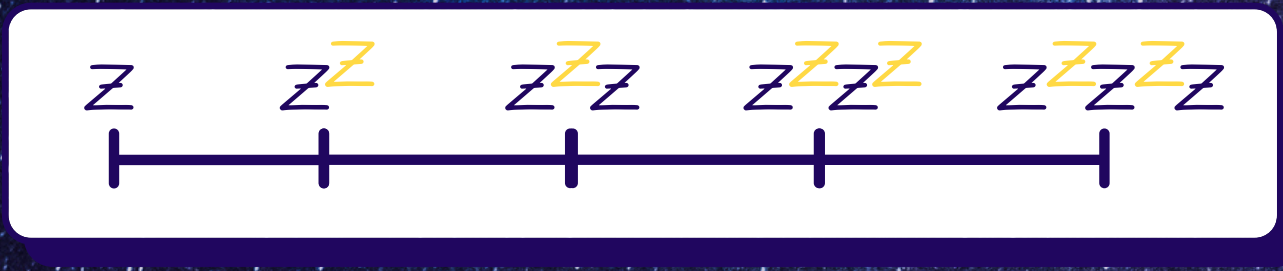


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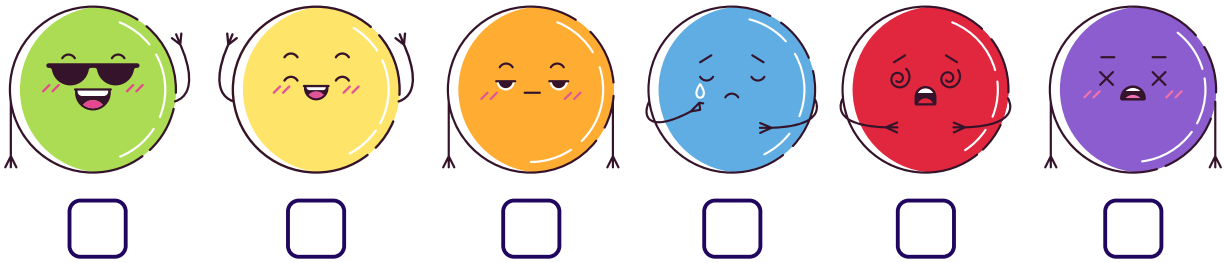


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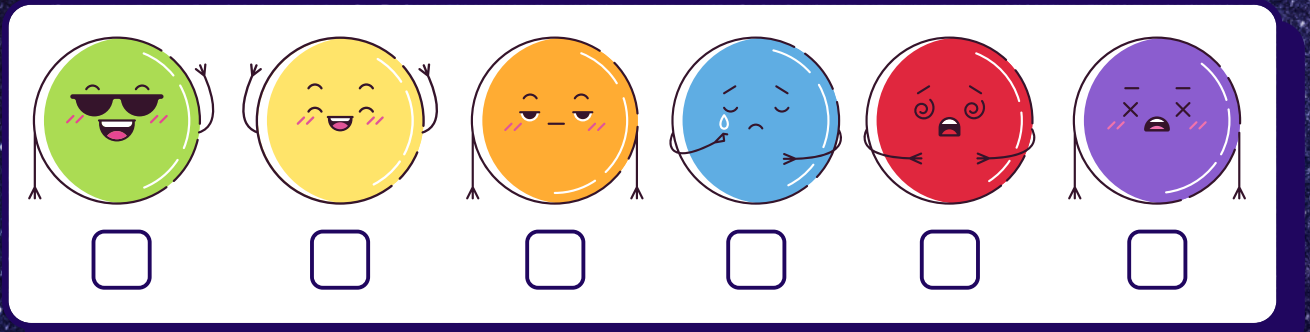


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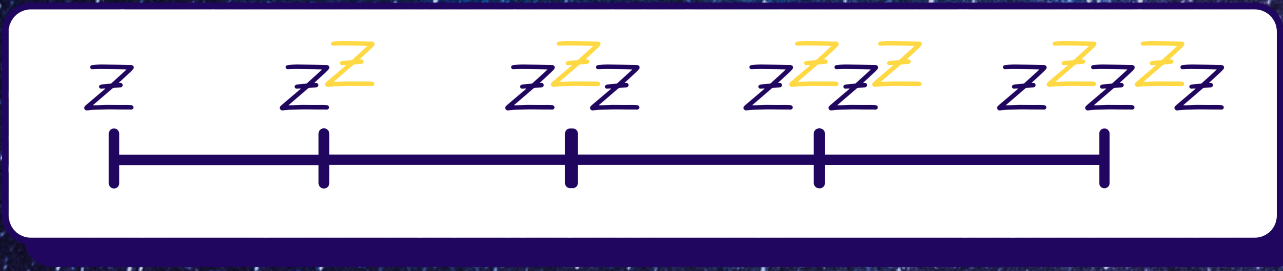


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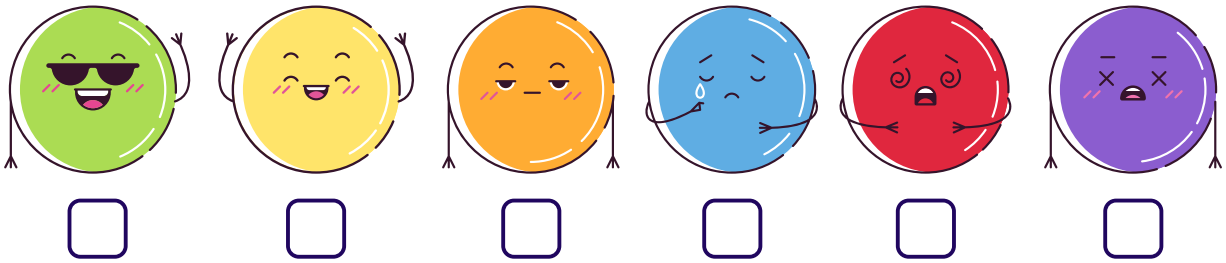


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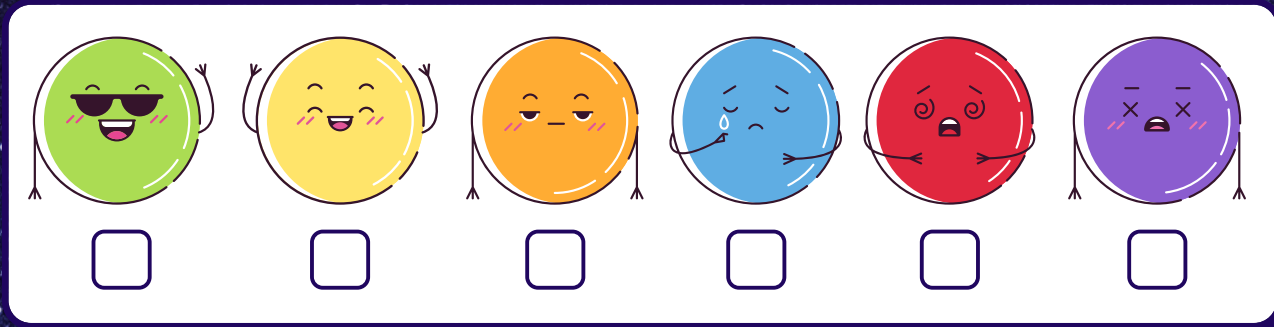
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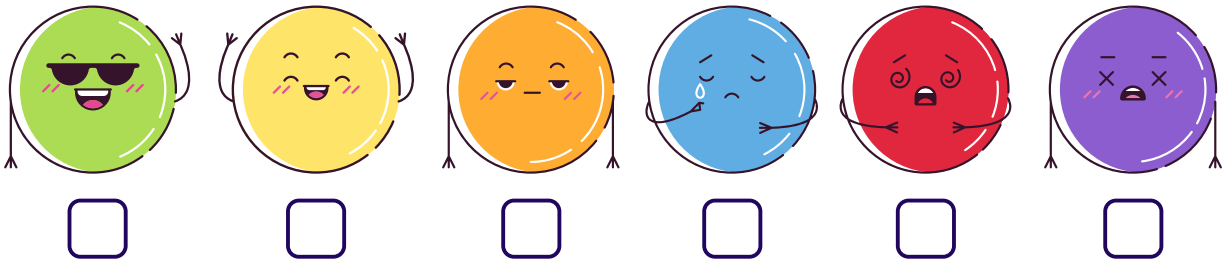


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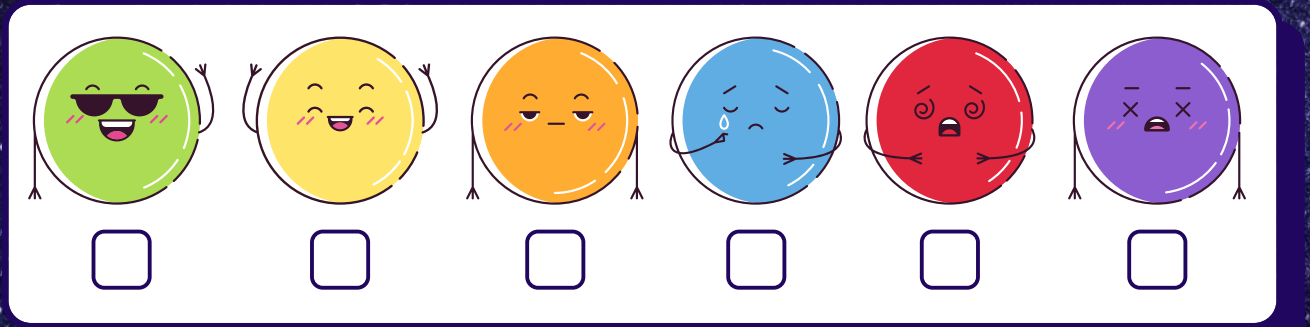


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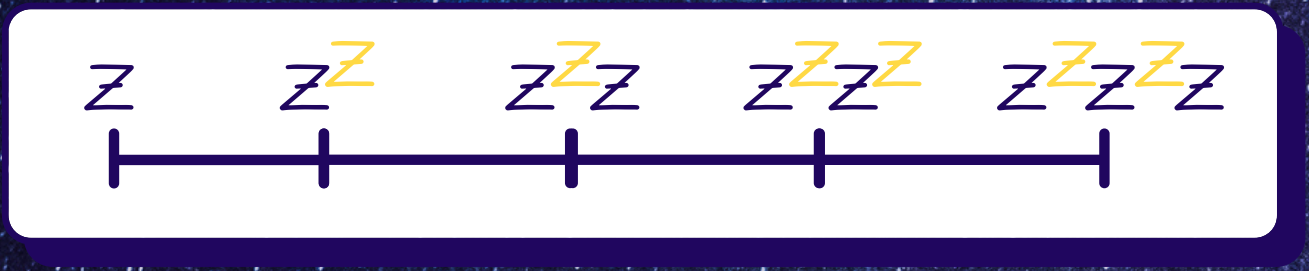
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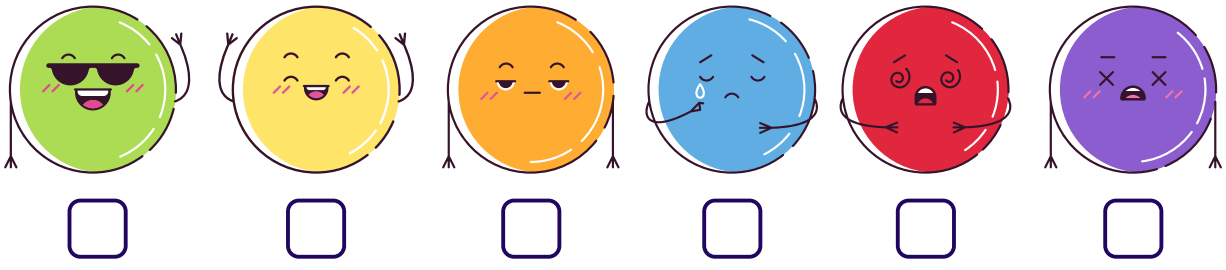


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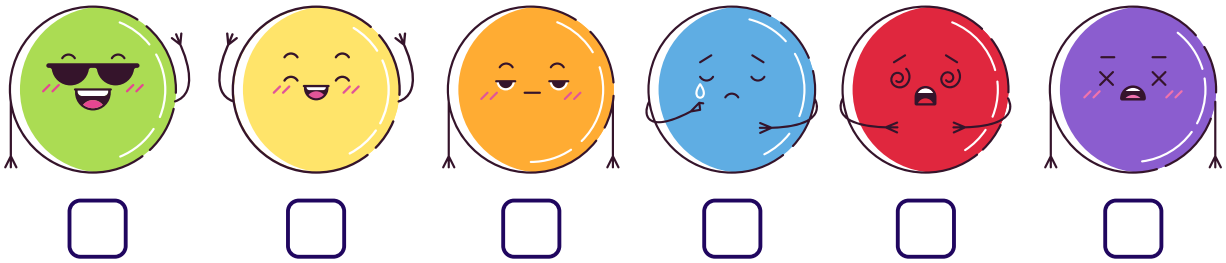
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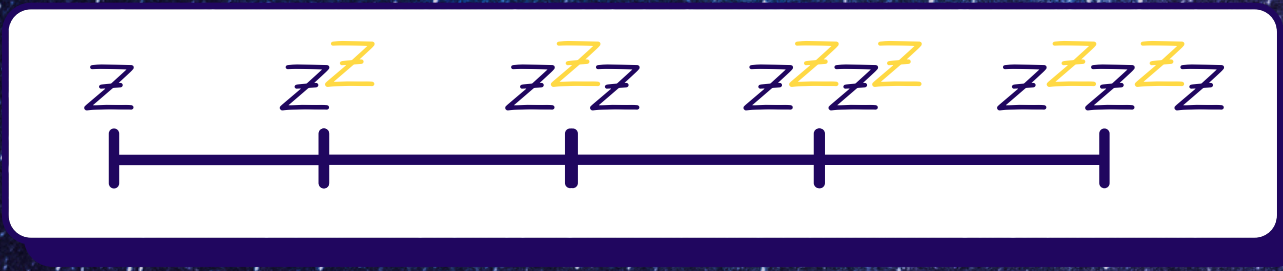


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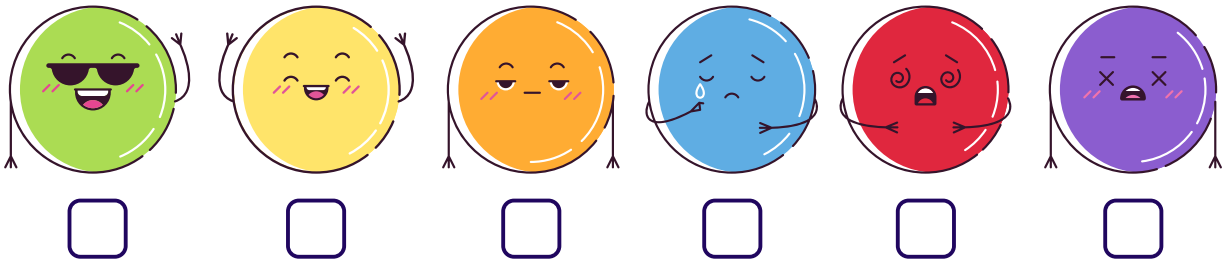


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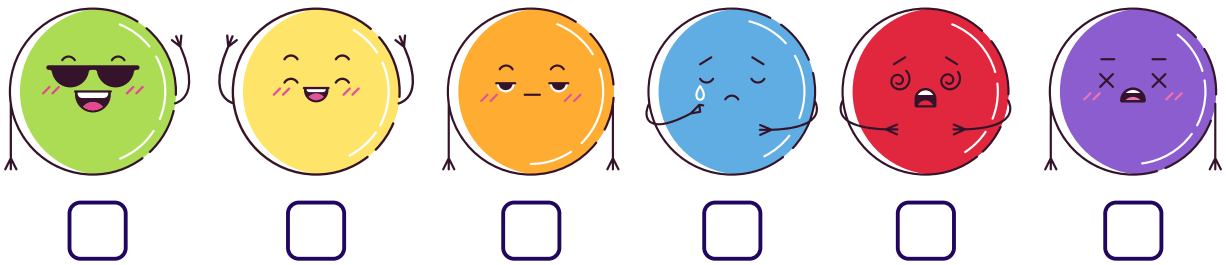
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This journal was developed as part of Valleys Steps' Student Wellbeing Project

For more info:
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