



# FEELS COMFORT

## FeelsComfort Sleep Tracker

*"A good night's sleep is the best investment in tomorrow's energy."*

Day	Bedtime	Wake Time	Total Sleep (hrs)	Quality 1-5	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

How to use: Each night, record your bedtime and wake time. Estimate your total sleep hours and rate your sleep quality from 1 (poor) to 5 (great). You can draw a smiley face if you want! Use notes for dreams, caffeine, screen time, or stress.

Track your week and revisit the Sleep Score Calculator at [FeelsComfort.com](https://FeelsComfort.com) to see your progress!

## Good Night Sweet Dreams!!!