remrise

Commit to better quality sleep.

Establish new lifestyle choices that will positively impact your sleep. Track your quality of sleep daily using the chart for the next 4 weeks.

Habit Commitment

Circle 2-3 lifestyle habits you plan to commit to over the next month. Stick with them daily and watch your sleep transform.

1. Take Remrise nightly
2. Wake up & journal
3. Get direct sunlight in the AM
4. Meditate
5. At least 30 mins of daily activity
6. Avoid afternoon caffeine
7. Stop working 90 minutes before bed
8. Implement a wind down routine
9. Leave screens outside of the bed
10. Set a consistent bedtime

Sleep Quality

Rate your quality of sleep each morning from 1 to 10. (10 being a stellar sleep and 1 being didn't sleep a wink).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	/10	/10	/10	/10	/10	/10	/10
WEEK 2	/10	/10	/10	/10	/10	/10	/10
WEEK 3	/10	/10	/10	/10	/10	/10	/10
WEEK 4	/10	/10	/10	/10	/10	/10	/10