**Sleep project**

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|  | **M** | **T** | **W** | **Th** | **F** | **S** | **S** | **Felt like?** |  |
| **Water** |  |  |  |  |  |  |  |  |  |
| **Vit D3** |  |  |  |  |  |  |  |  |  |
| **Vit B** |  |  |  |  |  |  |  |  |  |
| **Mag** |  |  |  |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |  |  |  |
| **Last ate** |  |  |  |  |  |  |  |  |  |
| **Cycle – time of period** |  |  |  |  |  |  |  |  |  |
| **Moon phase** |  |  |  |  |  |  |  |  |  |
| **Felt tired** |  |  |  |  |  |  |  |  |  |
| **Went to bed** |  |  |  |  |  |  |  |  |  |
| **Perineal steaming?** |  |  |  |  |  |  |  |  |  |
| **Belly soothing** |  |  |  |  |  |  |  |  |  |
|  | **M** | **T** | **W** | **Th** | **F** | **S** | **S** | **Felt like?** |  |
| **Time taken to get to sleep** |  |  |  |  |  |  |  |  |  |
| **Dreams?** |  |  |  |  |  |  |  |  |  |
| **Up to pee?** |  |  |  |  |  |  |  |  |  |
| **Time to get back 2 sleep** |  |  |  |  |  |  |  |  |  |
| **Awoken refreshed?** |  |  |  |  |  |  |  |  |  |
| **Stretch on awakening** |  |  |  |  |  |  |  |  |  |
| **Belly moves before awakening** |  |  |  |  |  |  |  |  |  |
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