

REST AND REVIVE

Simple solutions for a good night's sleep



Week 1: Where you are, and where you want to be

Going to sleep is part of your daily routine – after all, you do it every night. But are you getting the right kind of shut-eye? Simply jotting down what you do each day can uncover things you might not realize about your sleep patterns.

The **Rest and Revive workbook** is a simple tool for learning about your sleep quality. It's designed to help you identify sleep habits, look for areas you can improve, and set an achievable goal for the future.

Taking the time to make behavior changes can help you improve your sleep and your overall health. But stay safe: If you keep struggling to sleep or regularly find yourself tired during the day, it may be a sign of a serious condition. When in doubt, contact your doctor.

START LOGGING AND LEARNING

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your Rest and Revive
workbook.](#)