



# CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE,  
CLASSIC CARE.

# Sleep Well

Better sleep starts with  
understanding your patterns.

Data is important.  
Understanding is what improves health.

## My Sleep Goal:

\_\_\_\_\_ hours  
(Everyone's goal is different.)

| Date             | Bedtime (pm) | Wake Time (am) | Hours Slept | Up During the Night (# of times) | Sleep Quality (circle one) | What affected your sleep? (Use guide below) |
|------------------|--------------|----------------|-------------|----------------------------------|----------------------------|---------------------------------------------|
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |
| 🌙 ____/____/____ | :            | :              |             |                                  | Great Good Fair Poor       |                                             |

## WHAT MAY HAVE AFFECTED YOUR SLEEP?

Use this list as a guide.



Pain



Stress



Coffee/  
Caffeine



Baby/Pet  
Awake



Bed  
Partner



Bathroom  
Trips



CPAP



Travel



Illness



Noise

Other: \_\_\_\_\_

## TIPS FOR BETTER SLEEP

- ✓ Keep a consistent bedtime when possible.
- ✓ Limit screens before bed.
- ✓ Keep your bedroom cool, dark, and quiet.
- ✓ Avoid caffeine late in the day.
- ✓ Talk with Karen if poor sleep becomes a regular problem.

Small changes tonight,  
better days tomorrow.



## QUESTIONS ABOUT YOUR SLEEP?

Karen is here to help.

If you have questions about your sleep, fatigue, snoring, or anything that may be affecting your rest, please reach out.

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Thank you for taking an active role in your health.



Modern Medicine, Classic Care.