

# PRINTABLE SLEEP TRACKER

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## SLEEP TRACKER

WEEK OF \_\_\_\_\_

	TIME TO SLEEP	TIME AWAKE	HOURS OF SLEEP	SLEEP NOTES
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TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# Planner Sleep Optimization

**Marianne Chulay, Suzanne  
Burns, American Association of Critical-  
Care Nurses (AACN)**

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