



Experiments for Falling Asleep

Sleep issues I want to address: _____

Experiment I am trying: _____

Use the below table to keep track of whatever information will help you stay on track with your experiment (note: it can often take 10-14 days to see an impact in your sleep patterns).

Date														
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
When did you start feeling sleepy? (note the times your body starts feeling tired):														
🕒 1 st sign of sleepiness														
🕒 2 nd sign of sleepiness														
🕒 3 rd sign of sleepiness														
Last meal before sleep (time)														
Last refined carb/alcohol (time)														
Protein snack before bed (Y/N)														
Early morning Lizard Treat (Y/N)														
Other notes: <i>Slept great? Didn't sleep so good? Make some notes about what might have contributed to this, so you can begin to recognize patterns.</i>														



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No Derivative Works. Please consult with your doctor before changing your diet.
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