



# Sleep Journal

Nightly Wind-Down

( Andrew Johnson )

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# MEET ANDREW

Welcome to **Nightly Wind-Down**. I hope that you find this sleep journal, as well as the broader series of meditations and music, to be a helpful part of your evening routine.

For many of us, we know *how* to mindfully wind-down for sleep, but actually *doing* it consistently is the challenge. I've designed these meditations and tools to help you more easily achieve a consistent evening routine, that will help you fall asleep more easily and get a deeper rest.

- **Andrew**



## ANDREW JOHNSON MEDITATION TEACHER

For over 26 years, Andrew Johnson has been helping people relax, change and create the lives they want through his range of self-care recordings, guided meditations, apps, online courses and workshops.

Andrew teaches meditation and mindfulness in a way that is simple, safe and easy to learn and integrate in daily life.

<https://www.andrewjohnson.co.uk/>

# SLEEP JOURNAL BASICS

## WHY KEEP A SLEEP JOURNAL?

I'd like to stress that keeping a sleep journal is an optional part of this series, and you will still get many benefits from using just the meditations. However, for many people, even if they are not regular journalers, recording your thoughts at the end of the day is a good way to let go of them.

If you have persistent worries that replay in your mind as you go to bed, writing them down can give you the peace of mind that you won't forget important things. This can allow you to release them from your mind, and go to bed with a clear and peaceful mindset.

Journaling can also help you become more self-aware. After several days, or looking back after 30 days, you may notice patterns in your thinking that help you to be more mindful about your daily and evening routines.

## HOW TO USE THIS JOURNAL

On the next page you will find a list of prompt questions. I would *not* recommend trying to answer all of these every evening. Rather, they are meant to spark ideas of what you might like to journal about.

I would recommend picking 2-3 questions that you would like to respond to each night, or respond to 2-3 different questions each night. This way you can personalize how you journal to your liking. For each day, start by responding to the provided general prompt, and then respond to your favorite prompts or simply write your freeform thoughts on your day.

Please do not pressure yourself to fill a whole journal page, nor to limit yourself to one page if you have more to journal. You may also choose to use a mobile app or a paper notebook for journaling. There is no right or wrong way to journal.

# JOURNAL PROMPT IDEAS

1. What is on my mind at this moment?
2. What experience sticks out the most from my day (good or bad)?
3. What went really well for me today?
4. What could have gone better today?
5. What was the most difficult part of today?
6. What is one thing that made me smile today? Why?
7. What is one thing that caused me to feel sad, angry, or anxious today?
8. What was one pleasantly unexpected thing that happened today?
9. What was a surprise that I felt unprepared for or thrown off by?
10. What am I most proud of today?
11. Did I live my values and inhabit my best self today? How or how not?
12. Who did I interact with today who made me feel happy and valued?
13. What do I hope to accomplish tomorrow?
14. What am I looking forward to tomorrow?
15. What do I have to do tomorrow that I'm not looking forward to?
16. What is one positive thought I want to focus on tomorrow?
17. What do I want to do differently tomorrow?
18. Are there worries that are stuck in my mind?
19. What is one new thing that I learned today?
20. What memory from today do I want to remember long into the future?
21. How do I want to feel when I wake up tomorrow?
22. What would I like to dream about tonight?



**DAY 2**

What is one thing that went well today, and one thing that could have gone better?

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**DAY 3**

What is one thing that went well today, and one thing that could have gone better?

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What is one thing that went well today, and one thing that could have gone better?

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Looking back on the past week, what am I most proud of, and what do I wish had gone differently?

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**DAY 8**

What is one thing that went well today, and one thing that could have gone better?

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**DAY 11**

What is one thing that went well today, and one thing that could have gone better?

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What is one thing that went well today, and one thing that could have gone better?

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**DAY 14**

What is one thing that went well today, and one thing that could have gone better?

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Looking back on the past week, what am I most proud of, and what do I wish had gone differently?

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**DAY 15**

What is one thing that went well today, and one thing that could have gone better?

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What is one thing that went well today, and one thing that could have gone better?

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Looking back on the past week, what am I most proud of, and what do I wish had gone differently?

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**DAY 22**

What is one thing that went well today, and one thing that could have gone better?

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**DAY 23**

What is one thing that went well today, and one thing that could have gone better?

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What is one thing that went well today, and one thing that could have gone better?

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**DAY 26**

What is one thing that went well today, and one thing that could have gone better?

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What is one thing that went well today, and one thing that could have gone better?

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Looking back on the past week, what am I most proud of, and what do I wish had gone differently?

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What is one thing that went well today, and one thing that could have gone better?

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Looking back on the past month, what changes do I observe in my evening mental state and my sleep quality?

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