Nap and rest day log

Naps, rest days, and whether they left you better.

NAME

MONTH

DATE	NAP AT	LENGTH	REST DAY	FELT AFTER 1–5	NOTES
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		
			☐		

Twenty minutes before 3 pm is the nap that helps. Longer or later eats into the night.

Not medical advice. Get your doctor's OK before you start.