



VIBE ON-LIFE

Are you getting enough sleep?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bedtime							
Wake-up time							
Total hours of sleep							

Sleep Goals:

14-17 years: 8-10 hours

18-25 years: 7-9 hours

26-64 years: 7-9 hours

65+ years: 7-8 hours

Sleep Tip:

Adults need sleep for optimal mood, metabolism and focus at work and in life. Many people don't get enough sleep, or their sleep is sporadic and often interrupted. Keep all screens (including cell phones, tablets, laptops, computers and TV's) out of the bedroom because the blue light affects the ability to go to sleep.

Source: National Sleep Foundation



We're here for you. Please reach out for anything you need:
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