

How are you feeling today?

Record the date, the hours you slept the previous night and draw the face that represents your mood. After a week, you may notice that how much you slept affects how good you feel.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
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Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:



For tips on how to get the sleep you need, visit Tylenol.com.

Feel better,
TYLENOL
 PM