

**WHY WE SLEEP:
UNLOCKING THE POWER
OF SLEEP AND DREAMS**
by Matthew Walker

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. What time did you go to bed last night?
2. How many hours you slept last night and how you felt when you woke up:
3. Your coffee consumption during the day (include other beverages also):
4. What did you dream about last night?
5. What's your reason for waking up in the morning? What's your goal today?

Don't forget to save your changes.