



pukka

ALONGSIDE TRYING THE SLEEP TIPS BELOW, WE RECOMMEND SIPPING ON A CALMING CUP OF PUKKA HERBS' ORGANIC NIGHT TIME TEA EVERY NIGHT.

day 1:

CREATE THE PERFECT SLEEP ENVIRONMENT

One that's cool, dark and free from clutter.

day 2:

PROTECT YOUR SLEEP SPACE

Remove technology from your sleep space and avoid exposure to blue light from screens.

day 3:

SET A SLEEP PATTERN

Set a bedtime and waking time you can stick to every day, even at the weekends.

day 4:

PRACTISE A RELAXING SLEEP ROUTINE YOU LOVE

Your relaxing routine can be as simple as reading a book, listening to a podcast, meditation or adding essential oils to your bath or bed.

day 5:

CUT DOWN ON CAFFEINE

Caffeine can help kick-start our day but try to avoid it after 12pm to make it easier to unwind in the evening.

day 6:

UNWIND WITH SLEEPY INGREDIENTS

Include foods that contain tryptophan, such as oats, dates, almonds and herbs such as chamomile, lavender and spices such as nutmeg.



day 7:

INTRODUCE LIGHT AND MOVEMENT TO YOUR DAY



Aim to get outside in natural daylight for at least 30 minutes every day, ideally doing some gentle movement.

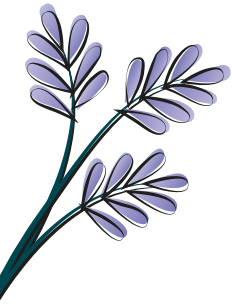
Now that you've created a sleep space, routine and pattern you enjoy, use this calendar to keep track of your journey.

Tracking your daily habits, as well as how well you're sleeping will give you personal insights to help you improve your sleep health.

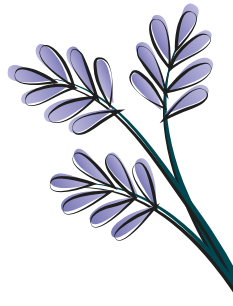


Share your sleep updates
@pukkaherbs #sleepwithpukka





PUKKA



change in diet/events

symptoms/scores

day 1:

HOURS
SLEEP

INSOMNIA
SCORE

10

FATIGUE
SCORE

10

OTHER SYMPTOMS

day 2:

HOURS
SLEEP

INSOMNIA
SCORE

10

FATIGUE
SCORE

10

OTHER SYMPTOMS

day 3:

HOURS
SLEEP

INSOMNIA
SCORE

10

FATIGUE
SCORE

10

OTHER SYMPTOMS

day 4:

HOURS
SLEEP

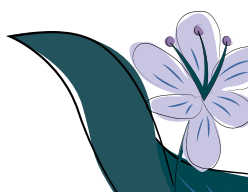
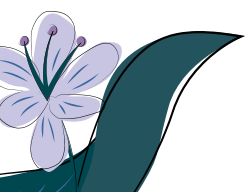
INSOMNIA
SCORE

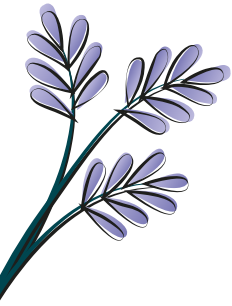
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FATIGUE
SCORE

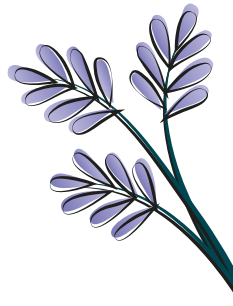
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OTHER SYMPTOMS





PUKKA



<i>change in diet/events</i>	<i>symptoms/scores</i>		
<i>day 5:</i>	HOURS SLEEP _____	INSOMNIA SCORE 110	FATIGUE SCORE 110
		OTHER SYMPTOMS	
<i>day 6:</i>	HOURS SLEEP _____	INSOMNIA SCORE 110	FATIGUE SCORE 110
		OTHER SYMPTOMS	
<i>day 7:</i>	HOURS SLEEP _____	INSOMNIA SCORE 110	FATIGUE SCORE 110
		OTHER SYMPTOMS	

whole week review:

