30 Day Challenge Journal Data

Reading Before Sleeping

By: Vincent John P. Reyes

Day 1, Thursday Oct 1, 15/15 minutes

First day of the challenge went as expected with not much difference from my usual sleeping and waking up condition

Slept Well- 6/10 Waking up condition- 3/10

Day 2, Friday Oct 2, 15/15 minutes

Second day of the challenge. I slept really well and didn't stay up for too long, however when i woke up i was still very Groggy

Slept Well- 5/10 Waking up condition- 2/10

Day 3, Saturday Oct 3, 15/15 minutes

Same as the previous day

Slept Well- 5/10 Waking up condition- 2/10

Day 4, Sunday Oct 4, 15/15 minutes

I slept relatively well with a decent amount of energy to start the day, better than the days beforehand.

Slept Well- 6/10 Waking up condition- 4/10

Day 5, Monday Oct 5, 15/15 minutes

I slept the same, but woke up way better than before.

Slept Well- 6/10 Waking up condition- 6/10

Day 6, Tuesday Oct 6, 15/15 minutes

I slept really fast, but late at night so I was groggy the next day

Slept Well- 8/10 Waking up condition- 4/10

Day 7, Wednesday Oct 7, 15/15 minutes

Same, but woke up better than yesterday.

Slept Well- 7.5/10 Waking up condition- 5/10

Day 8, Thursday Oct 8, 20/20 minutes

I finished my old favorite book and now moved on to online books. I slept a bit later after i read, but woke up fine

Slept Well- 6/10 Waking up condition- 6/10

Day 9, Friday Oct 9, 20/20 minutes

Slept better than yesterday

Slept Well- 7/10 Waking up condition- 6/10

Day 10, Saturday Oct 10, 20/20 minutes

Same thing

Slept Well- 7/10 Waking up condition- 6/10

Day 11, Sunday Oct 11, 20/20 minutes

I woke up a little better

Slept Well- 7/10 Waking up condition-6.5/10

Day 12, Monday Oct 12, 20/20 minutes

Slept the same, woke up better

Slept Well- 7/10 Waking up condition- 7.5/10

Day 13, Tuesday Oct 13, 20/20 minutes

Slept Well- 7/10 Waking up condition- 7/10

Day 14, Wednesday Oct 14, 20/20 minutes

Slept Well- 6/10 Waking up condition- 7/10

Day 15, Thursday Oct 15, 25/25 minutes

Reading for 25 minutes made me sleep decently, but woke up still pretty groggy

Slept Well- 6.5/10 Waking up condition- 6/10

Day 16, Friday Oct 16, 25/25 minutes

Slept Well- 6.5/10 Waking up condition- 6.5/10

Day 17, Saturday Oct 17, 25/25 minutes

Getting used to sleeping faster after reading and waking up better.

Slept Well- 7.5/10 Waking up condition- 7.5/10

Day 18, Sunday Oct 18, 25/25 minutes

Same thing as yesterday

Slept Well- 7.5/10 Waking up condition- 7.5/10

Day 19, Monday Oct 19, 25/25 minutes

Getting used to sleeping after reading and feeling better when waking up

Slept Well- 8/10 Waking up condition- 8/10

Day 20, Tuesday Oct 21, 25/25 minutes

Slept Well- 7.5/10 Waking up condition- 8/10

Day 21, Wednesday Oct 22, 30/30 minutes

I don’t stay up as long anymore and i sleep pretty fast after reading

Slept Well- 8/10 Waking up condition- 7.5/10

Day 22, Thursday Oct 23, 30/30 minutes

Slept a little later than what i'm used to in this challenge, woke up the same

Slept Well- 6.5/10 Waking up condition- 8.5/10

Day 23, Friday Oct 24, 30/30 minutes

I’m getting used to sleeping better than before the challenge

Slept Well- 8.5/10 Waking up condition- 8/10

Day 24, Saturday Oct 25, 30/30 minutes

Slept Well- 9/10 Waking up condition- 8/10

Day 25, Sunday Oct 26, 30/30 minutes

Slept Well- 8.5/10 Waking up condition- 8/10

Day 26, Monday Oct 27, 30/30 minutes

I’m sleeping really well and waking up energized and ready for the day.

Slept Well- 9/10 Waking up condition- 9/10

Day 27, Tuesday Oct 28, 30/30 minutes

Slept Well- 8.5/10 Waking up condition- 9/10

Day 28, Wednesday Oct 29, 30/30 minutes

Slept Well- 8.5/10 Waking up condition- 9.5/10

Day 29, Thursday Oct 30, 30/30 minutes

Getting to the end of the challenge and i’m really feeling the effects of reading before bed.

Slept Well- 9/10 Waking up condition- 9.5/10

Day 30, Friday Oct 30

This challenge has helped me so much with my insomnia problem. I’m sleeping marginally better and waking up perfectly. Not only am i happy with reading, but i'm happy with the time i fall asleep and the condition i wake up in.

Slept Well- 9/10 Waking up condition- 10/10