Morning Clarity Log

DATE _____

Seven mornings, one line each. Fill it in before you touch your phone.

Day	Woke up at	Hours slept (rough)	Mood on waking (0–10)	What's here? (whatever showed up)
1				
2				
3				
4				
5				
6				
7				

At the end of the week: what showed up more than once? What were you carrying that you didn't know about?

When It's More Than a Book If you've cleaned up your routine and you're still waking up exhausted, talk to your doctor, especially if you snore loudly or gasp for air in your sleep, fall asleep during the day without meaning to (above all while driving), or sleep seven to nine hours and still feel bone-tired. Sleep apnea and insomnia are common and very treatable, and many sleep studies can be done at home now. If insomnia has lasted three months or more, ask about CBT-I (cognitive behavioral therapy for insomnia). It's the recommended first treatment for chronic insomnia, ahead of sleeping pills. If nightmares keep coming back to something that happened to you, a trauma-informed therapist can help.