



ACADEMY OF
DHARMA
WELLNESS
ARTS

Sleep tracker

Understand your sleep patterns and improve your rest.
Simple to use, it gives you insights into quality,
duration, and sleep hygiene.





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作業簿

Welcome

Thank you for choosing this guide. For me and my team, this is an important project: we sincerely want to help you better understand your health, learn how to manage it in real life, and find your own sustainable path to balance and well-being.

This material is dedicated to the foundations of Traditional Chinese Medicine (TCM) — its core principles, health philosophy, the role of nutrition, daily routine, emotional state, and internal energy. Here, you'll find not just theory, but practical tools to help you observe yourself, analyze your body's responses, adjust habits, and see real changes.

We understand that many people today struggle with overload, fatigue, sleep disorders, and mood swings. The information out there is often contradictory, and universal advice does not work for everyone. That's why our goal is not to offer ready-made solutions, but to create space for deep self-understanding, help you prioritize, and build your personal health strategy.

In this guide, you'll find:

- Explanations of how the body works and how its systems are interconnected;
- Key TCM principles: the balance of Yin and Yang, energy circulation, and the role of organs;
- Practical steps and recommendations you can implement without special training.

We created this product so you can move forward step by step, without stress and overload, making positive changes and seeing results. There is no one-size-fits-all model here, but rather an approach that helps you find your own path, respect your uniqueness, and feel supported.

If you need help or support — please don't hesitate to reach out. We're here to walk with you toward a healthier, more balanced life.

**With best wishes,
Alexander Dvoryanchikov and the
Dharma Wellness Arts team**



About the Author

Master

Good day!

My name is Aleksandr Dvoryanchikov, and I'm happy to welcome you here. I am a physician-reflexologist and a certified specialist in Western medicine, as well as a master in Traditional Chinese Medicine. I'm the co-author of an interactive coaching program and a project dedicated to health and Traditional Chinese Medicine.

My Path into Coaching

After receiving a solid medical education, I began to delve deeper into the study of health recovery methods and approaches that help improve the quality of life. In my practice, I analyzed data from more than 10,000 clients, which allowed me to identify key patterns and develop effective strategies for coaching and wellness.

My programs are based on a systematization of knowledge from masters of Chinese, Tibetan medicine, and Ayurveda, as well as on the analysis of practical experience. This allows me to create effective strategies aimed at achieving balance between the physical, emotional, and energetic state of a person.

Yoga and Educational Activity

I have been practicing Hatha Yoga and yoga therapy for over 22 years, having received initiation from the Himalayan master Pilot Baba. For 17 years, I have led individual and group yoga classes, integrating them with methods of Eastern medicine.

Since 2001, I have been actively involved in educational projects, organizing courses, seminars, webinars, and masterclasses for professionals and patients, focusing on Chinese, Tibetan, and Ayurvedic medicine. Integrating traditional knowledge with modern science helps me find the most effective methods of combining Eastern wisdom with contemporary approaches — creating applicable methods for my students.

Professional Qualifications

I received my fundamental medical education at the I.M. Sechenov Moscow Medical Academy, graduating in 1992. After that, I completed an internship and residency in anesthesiology, neurology, psychiatry, addiction treatment, and reflexotherapy.

I later completed advanced training in phytotherapy, hydrotherapy, and restorative medicine at the Institute of Postgraduate Education.

The Path into Eastern Medicine

I have always been inspired by the depth of Traditional Chinese Medicine. I studied under leading experts such as Professor Shi Sinchunhe (Beijing), Dr. Mu Ra (Harbin), and monks of the Shaolin Monastery. I also studied Tibetan constitutional medicine (Sowa Rigpa) and Ayurvedic foundations.

In addition, I actively participate in seminars and masterclasses on Traditional Chinese and Tibetan Medicine, which allows me to continually expand and deepen my practical knowledge.





About the Dharma Wellness Arts Project

The Dharma Wellness Arts project was born from a desire to unite experience, knowledge, and practices that help people strengthen their health, restore vitality, and find a stable inner balance. We believe that every person deserves an individual approach — not universal solutions.

What makes our approach unique is the combination of elements from Eastern traditions (principles of TCM, Ayurveda, phytotherapy), modern scientific research, and many years of experience in working with people and developing individual strategies for each participant.

We design supportive systems that include nutrition, daily routines, emotional states, quality sleep, physical activity, breathing practices, and mindfulness work.

What we do:

We help people understand their true needs, identify the key factors influencing their health, and build step-by-step plans to move toward a healthier, more balanced life.

Our team includes certified specialists working in the field of coaching, TCM, and integrative medicine, who support participants on their personal journey. We don't offer generic solutions — we help build a path that works for each individual.

The Dharma Wellness Arts project is not just an informational resource. It's a space where knowledge becomes practical tools, and practice becomes a path to improved quality of life, restored inner resources, and strengthened health. We are here to support you at every step of this journey.



The Problem

In today's rapidly changing world, many of us feel overwhelmed, stressed, and struggle to prioritize our health and well-being. The demands of work, family, and daily life often leave little time for self-care, leading to various health problems.

Chronic stress, lack of physical activity, poor nutrition, and mental exhaustion — all these factors can significantly impact overall quality of life. Moreover, finding reliable health information can be difficult, and the abundance of conflicting advice and rapid lifestyle changes often makes it harder to determine what's right for you. This uncertainty can lead to mistakes, undermining motivation and slowing progress.

At Academy of Dharma Wellness Arts, we understand these common challenges and obstacles people face when trying to improve their health. We are ready to help you navigate this path by providing the clarity, guidance, and support you need to overcome them.





The Solution

At the Dharma Wellness Arts Academy, we believe that sustainable well-being is available to everyone, regardless of current circumstances. We offer a holistic approach to health that addresses the root causes of common problems and provides effective, personalized solutions.

Our team of experienced health and wellness specialists is ready to guide you every step of the way. We begin by understanding your unique goals, challenges, and aspirations. Through open and in-depth conversations, we gain a complete picture of your physical condition, mental well-being, lifestyle habits, and personal priorities.

Based on this information, we create an individual plan tailored to your needs. This plan becomes your roadmap to better health, covering aspects such as nutrition, fitness, stress management, and overall well-being. We don't believe in one-size-fits-all solutions — we focus on what works best for you.

Our coaching approach combines expert guidance, ongoing support, and strategies grounded in evidence to help you achieve lasting, positive changes in your lifestyle. We understand that health is a journey, not just a goal, and we're ready to be your partner every step of the way.

Say goodbye to confusion and uncertainty on your path to well-being. Embrace clarity, confidence, and transformation with Dharma Healing Arts Academy. Together, we will unlock your full potential for health and happiness.





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Chapter 1

Congratulations on starting the first chapter!

Have you ever wondered why, even after 8 hours of sleep, you can still wake up tired?

It is not only about the amount of sleep. What matters is which habits and factors affect its quality. That is why we begin to collect your personal knowledge base about sleep — a tool that will help you, step by step, to return to full and refreshing rest.

What's next?

Topic: Creating a sleep knowledge base — the foundation of conscious changes.

Congratulations! You are starting the first chapter. In it, we will focus on creating a knowledge base — a place where important information about your habits, state before sleep, feelings, and observations will be gathered. This base will become the foundation for all further work.

What this chapter will give you:

- You will understand why it is important to record even small details related to sleep.
 - You will master a simple system for keeping a knowledge base (notes, tables, records).
 - You will begin to recognize connections between factors, habits, and sleep quality.
 - You will get a structure that you can also use in other areas of health.
 - You will prepare for the next chapter — a deeper analysis of the causes of insomnia.
- ✦ And most importantly — you will feel confident that you can influence the quality of your own sleep.

Task 1

Think together with the explanation about why a sleep knowledge base is needed, and why it is so important to keep it. Decide which format is closer to you — structured lists, tables, or short notes.

Make your first entries already this evening — and within a week you will start noticing repeating details that previously escaped your attention.

Task 2

Use the example of filling in the knowledge base and start keeping your own records. Try to include at least 2–3 key observations: bedtime, sleep quality, and morning state. Once you start recording, you will see patterns.

The earlier you begin, the faster hidden factors interfering with sleep will appear.

The main thing is regularity.

The value of a knowledge base lies in systematic entries. Even if it seems that nothing new is happening, repeated patterns and hidden connections begin to appear.

In the Sleep and Insomnia program, you will find ready-made templates and examples that will help you quickly turn these entries into a foundation for restoring sleep.

Introduction

Sleep is one of the main resources for recovery and maintaining health. While we sleep, the body restores strength, the organs come into balance, and consciousness is cleared of tension. The quality of sleep determines how we feel during the day: clarity of thought, resilience to stress, mood, and energy levels.

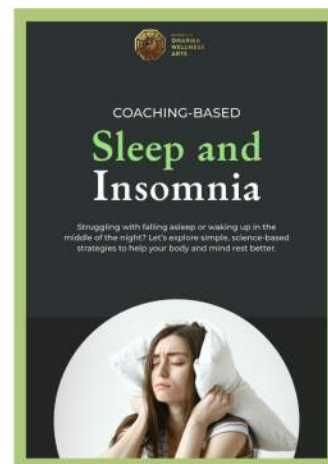
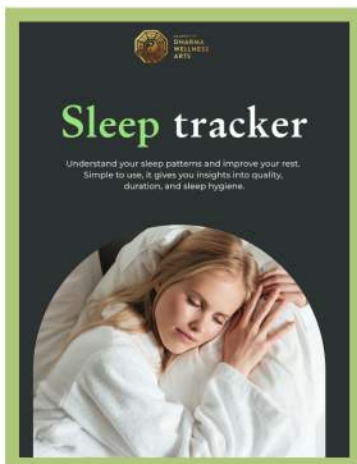
Working with sleep requires not only understanding general principles but also careful attention to oneself. Systematic knowledge helps to see the bigger picture, and practice makes it applicable in everyday life.

The tracker you are holding was created as a practical tool. It helps record observations, notice the influence of different factors, and gradually build your own patterns. These notes turn into an instrument of analysis and become support on the path to deeper changes.

We have prepared for you sources where much more knowledge and practices for working with insomnia are gathered. There you will find explanations of processes and recommendations that will help you connect your observations into a complete system and build a sustainable recovery strategy.

The sleep tracker is only the beginning. The next step is the program “Sleep and Insomnia”, where you will be able to understand the causes of insomnia more deeply and learn how to eliminate them.

[Block-arrow: Sleep Tracker → Program “Sleep and Insomnia”]



The Importance of Creating and Maintaining a Knowledge Base

Working with sleep quality requires not only information but also systematization. Every new fact, observation, or recommendation can become an important step on the path to restoring balance. That is why it is so important to record everything new in your sleep knowledge base.

Why is this important?

- The knowledge base consolidates all your observations in one place.
- It helps to recognize habits and triggers that affect your sleep.
- It allows you to adjust and improve your strategy.
- It makes it possible to track progress and take changes into account.

How to Keep a Knowledge Base?

1. Record everything that seems significant: bedtime and wake-up times, factors (food, stress, light), your condition in the morning.
2. Structure your notes: divide them into topics and short notes to make it easier to find recurring moments.
3. Use your notes actively: add concrete observation data, adjust habits, mark changes.
4. Analyze: the knowledge base exists to identify patterns and make conclusions, so you can build a strategy to improve sleep and see the results of your work.

How to Choose the Right Format for Keeping a Knowledge Base?

On the following pages, you will find various templates for maintaining a knowledge base. These formats are designed to help you choose the most suitable way to record and structure information, one that best integrates into your daily life.

What You Will Find:

1. **Structured List**
For those who prefer short notes and clear formulations. Suitable for recording key terms, tips, and recommendations.
2. **Table**
The ideal option if you want to correlate different aspects (for example, factors, their impact on your condition, and the measures taken).
3. **Observation Journal**
A format for detailed tracking of changes. Suitable if you want to record daily observations, experiments, and their results.
4. **Infographic or Visual Map**
For visual thinkers who better perceive information through diagrams and images. This format makes it easy to represent relationships between different elements.
5. **Goals and Progress**
For long-term planning. This format helps record goals, steps to achieve them, and results at each stage.

How to Work With Templates?

- Review each of the presented formats.
- Choose one or several that best suit your task.
- Customize them for your needs: add, remove, or create your own categories.

Tip:

Experiment with different formats to find the one that truly works for you. Remember: your knowledge base is a personal tool, and its effectiveness depends on how convenient and functional it is for you.



Knowledge Base

Sample Entry

Topic: Factors Affecting Sleep Quality

1. Key Points on the Topic

(Briefly write down the main ideas or facts from the material)

- Lack of sleep leads to reduced concentration, irritability, and increased fatigue.

- Using gadgets before bed slows down and makes it harder to fall asleep.

- Regular bedtime and wake-up time improve the body's recovery.

- Quiet, comfortable temperature, and a darkened bedroom contribute to deep sleep.

2. How This Can Help Me

(Write down how this information can be useful in your situation)

- Avoiding phone and computer use an hour before bed makes it easier to fall asleep and reduces anxiety levels.

- Maintaining a regular bedtime schedule helps me fall asleep faster.

- Creating comfortable bedroom conditions (quiet, temperature, darkness) improves sleep quality.

3. Insights (Write your own discoveries, thoughts, and questions that came up while studying)

- I noticed that I fall asleep later and sleep worse if I use my phone before bed.

- When I go to bed and wake up at the same time, I feel more rested in the morning.

- Even small changes (dimming the light, avoiding coffee in the evening) make my sleep calmer.



Knowledge Base

Topic: Factors Affecting Sleep Quality

1. Key Points on the Topic

(Briefly write down the main ideas or facts from the material)

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2. How This Can Help Me

(Write down how this information can be useful in your situation)

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3. Insights (Write your own discoveries, thoughts, and questions that came up while studying)

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Knowledge Base

Sample Entry

Key Points	How This Can Help Me	Insights
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Falling asleep after midnight causes a sensation of heat in the body and heaviness in the head in the morning	Try to go to bed before 11:00 PM, when Yin is actively accumulating, making it easier to calm Shen	When I go to bed earlier, my sleep is deeper, and I wake up with a sense of calm
Working late on the computer prevents me from falling asleep; my thoughts don't stop for a long time	Using the computer at night makes it hard to fall asleep, thoughts keep racing; set screen time limits 1-2 hours before bed, use only soft lighting	My head feels lighter, less anxiety, and sleep comes faster
A late dinner makes sleep restless and interrupted	Move heavy meals to the first half of the day; in the evening, only light food and a warm drink	My sleep has become more even, and my body no longer feels overloaded at night

This table is for personal use to help you observe and track patterns or changes.
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Knowledge Base

Key Points	How This Can Help Me	Insights

This table is for personal use to help you observe and track patterns or changes.
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Conclusions

Good sleep is not always what is commonly considered “normal” or simply “enough hours of rest.” The body’s reaction can differ from generalized ideas. True restorative sleep eliminates feelings of heaviness and fatigue, bringing clarity, calm, and stability for the following day. After quality sleep, you experience a sense of lightness in the body and clarity of mind.

Key signs of quality sleep:

- Falling asleep without long tossing and tension.
- Absence of frequent awakenings or easy return to sleep if they occur.
- Morning feeling of completeness and replenished energy.
- Balanced state and stable mood throughout the day.
- Clarity of thought, emotional stability, and a sense of inner calm and resilience.

Conclusion:

Sleep, built on observation and awareness, helps eliminate internal imbalances and restore harmony of Yin and Yang. It is not just the number of hours of rest, but an individual rhythm of sleep that strengthens your body’s internal resources, increases resilience to stress, and restores balance for health and peace of mind.

Quality sleep is your main resource. And now you know how to begin reclaiming it.



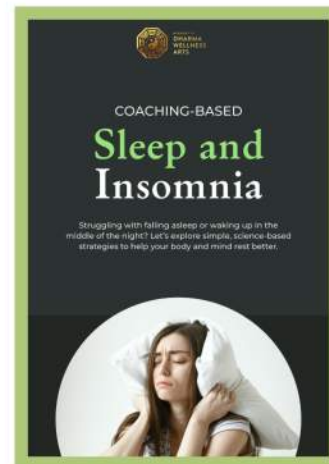
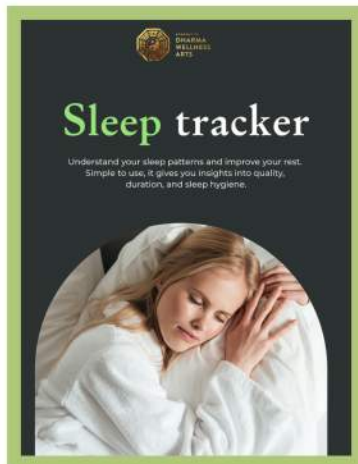
Chapter Conclusion

You've taken the first step: learning to observe your sleep and build your knowledge base. Now you have a foundation on which the path to restorative rest is built. Even the simplest notes already reveal patterns and provide your first insights.

Regular observations will help you notice subtle details, better understand your body's signals, and gradually bring your sleep under conscious control. This is how sleep stops being random and becomes your reliable resource for recovery.

Quality sleep is your main source of energy. And now you know how to begin reclaiming it.

What's next? In the core program "Sleep and Insomnia" you'll find deeper explanations, unique TCM-based practices, and concrete strategies that will make your notes part of a sustainable system for restoring healthy sleep.



Chapter 2

You've already laid the foundation: started building your knowledge base, paying attention to your reactions, and noticing the first connections. Now we move on to real-time observation — through keeping a sleep tracker and analyzing the factors that directly affect its depth and quality.

What's next?

Topic: Sleep Tracker and the Influence of Factors on Recovery

At this stage, you'll begin to track which habits and conditions directly impact your rest. We won't just record the time of sleep — we'll learn to see the elements that either support or disrupt harmony.

Sometimes even small details — an evening ritual, breathing practice, or a short walk — can make your sleep deeper and bring morning clarity. Other habits, however, interfere with recovery and drain your energy. Here we'll learn to tell them apart.

What this chapter will give you:

- You'll learn to see cause-and-effect relationships between daily conditions and sleep quality.
- You'll be able to identify which habits make things worse: late meals, overwork, stress, or gadget use.
- You'll discover what helps improve your well-being: a regular rhythm, calm evenings, light physical activity.
- You'll begin to build your own list of factors — those that disrupt and those that support your sleep.
- You'll continue building your knowledge base — now based on real-life observations.
- Most importantly, you'll gain confidence that you can actively influence the quality of your sleep.

Tasks:

Task 1.

Get familiar with why a tracker is needed and how to use it for monitoring factors.

Task 2.

For 2–3 weeks, keep a daily sleep tracker: note your bedtime, wake-up time, quality of sleep, and related factors (food, emotions, stress, physical activity).

Task 3.

Review your notes once a week and look for patterns. Highlight what helps and what gets in the way.

First results will appear within just 1–2 weeks. Even small changes, noticed in time, bring a tangible effect.



Sleep Tracker: A Step Toward Understanding Yourself

Keeping a sleep tracker isn't just a habit — it's a way to learn how to see patterns. When you record details every day, you begin to notice hidden connections that may have slipped past you before.

This tool helps track not only the number of hours you sleep, but also the impact of specific factors: nutrition, stress, activity, or bedtime rituals.

Why it matters:

- You start to see repeating connections and influences.
- You gain the ability to manage your own state.
- Evening habits gradually shift toward healthier ones.
- You reduce the factors that make it hard to fall asleep and rest deeply.
- You build a foundation for a stable rhythm.

Keeping a tracker regularly turns chaotic feelings (“slept badly” / “slept well”) into a clear system you can improve step by step.

Trackers and Worksheets

This workbook was designed to be your reliable assistant in reaching goals and structuring your work. It includes unique trackers, worksheets, and tools that will help you organize the process, track your progress, and find solutions to improve your well-being.

If you are using the digital version:

- You can download all trackers and worksheets as a single archive by scanning the QR code or using the link below:



If you are using the printed version:

- The printed workbook comes with additional materials. Check the inserts or attachments included with the print version to gain full access to all tools.

Use the tracker format that's most convenient for you:

- Vertical format: A table oriented vertically (portrait orientation), suitable for those who prefer concise notes.
- Horizontal format: A table oriented horizontally (landscape orientation), which makes it more convenient for structured work with multiple entries.



How to Use Trackers and Worksheets

Observing your body is a skill. Like any other skill, it requires attention, honesty, and a little time. Over the next few days, you will be filling out trackers to notice how exactly food influences your condition—whether physically, emotionally, or mentally.

There's no right or wrong way to do this. The most important thing is to be honest with yourself. Write down what you ate, how you felt afterward, what changed in your body, and how comfortable or uncomfortable it was. You can either use the suggested templates or simply write freely in a format that feels natural to you.

This is not about control or restrictions. This is a way of listening. It's about looking inward, without judgment or pressure.

If you can't keep up every day—don't worry. Even a few notes will help you spot repeated reactions and hidden patterns. The key is to notice what really affects your body, positively or negatively. That's where the real power of the tracker lies. Fill in the trackers at a convenient time, preferably after meals. Write honestly, without editing yourself—just what you feel. Over time, you'll see the bigger picture, and that's exactly what this practice is designed to help you with.



Weekly Sleep Journal

A sleep journal is a valuable tool for understanding your sleep habits and identifying areas where improvements can be made. This exercise helps you track your sleep over a set period, giving you a clearer picture of your sleep patterns.

How to Use Your Sleep Journal:

1. Choose a recording format:

You can use a paper notebook, a diary, the template on the next page, or an app designed for sleep tracking.

2. Pick a start date:

Begin logging your sleep schedule from a chosen date. Ideally, track a typical week to get a representative picture of your sleep habits.

3. Daily entries:

- **Bedtime** — note when you went to bed.
- **Wake-up time** — record when you woke up in the morning.
- **Total sleep hours** — estimate how many hours of sleep you got.
- **Sleep quality** — rate your sleep on a simple scale (for example, 1–5, from poor to excellent).
- **Sleep environment** — mark any factors that may have influenced your sleep (noise, temperature, screen time, evening meals, etc.).

4. Analyze the patterns:

At the end of the week, review your entries to identify trends, such as:

- consistency of bedtime and wake-up times;
- habits that improve or disturb your sleep;
- external factors that may be affecting your rest.

5. Set improvement goals:

Based on your observations, define specific goals to improve your sleep. These might include:

- going to bed at the same time;
- reducing late screen time;
- establishing a relaxing evening routine.

6. Make changes:

Implement small, realistic changes to improve your sleep hygiene and environment.

7. Track your progress:

Keep journaling for several weeks to monitor your progress. Adjust your strategy as needed, ensuring it continues to support your overall health and well-being.

Analysis and Tracking of Factors Affecting Nutrition and Body Condition Through the Lens of TCM

This section will help you analyze the quality of your sleep and overall well-being, highlighting key habits, conditions, and factors that influence recovery from the perspective of Traditional Chinese Medicine (TCM).

You'll be able to organize your observations, identify the most common reactions of your body, and understand which habits support Yin, calm the Shen, and help Qi flow freely — and which, on the contrary, disrupt this balance.

Let's find your current starting point and begin today

This will allow you to accurately assess your current level and pinpoint key areas for improvement. From here, you'll be able to gradually build a stable sleep rhythm that restores you more deeply and effectively.

Task 1

A 4-week change program

Step 1. Fill in the diary based on your current knowledge.

Tracking diary: note down factors, conditions, habits, and reactions that affect your sleep.

Instructions for completing the Sleep Tracker

1. Date — write down the day you're recording.
2. Bedtime / Wake-up time — log the hours you went to bed and woke up (e.g., 11:15 p.m. – 7:00 a.m.).
3. Overall sleep quality — rate how refreshing the sleep felt in the morning on a scale of 1 to 5.
4. Factors — record what influenced your sleep: food, stress, emotional state, physical load, gadgets, or other triggers.
5. Symptoms — mark accompanying effects (restless thoughts, frequent waking, morning heaviness, headaches, muscle tension, etc.).
6. Evening rituals — note helpful practices before bed (walks, warm tea, meditation, reading, relaxation rituals, etc.).
7. Changes — describe the results: improved, worsened, or no change.

Example of a Completed Sleep Tracker

Date & Time	Sleep (bedtime & wake-up)	Factors (stress, food, activity, emotions)	Sleep conditions (quiet, light, temperature, gadgets)	Symptoms (anxiety, alertness, heaviness, fatigue)	Methods & strategies for improvement	Changes (improved, no change)
01.09.25	23:00 – 07:00	Calm evening, light walk	Quiet, darkened room, window open	Woke up refreshed, clear mind	Herbal tea 30 min before bed	Improved condition
02.09.25	23:00 – 07:00	Strong stress from work	Bright light in room, warm tea before bed	Woke up restless, mild anxiety	Breathing exercises before bed	Slight improvement
03.09.25	22:45 – 06:30	Late dinner (heavy food)	Darkness, no gadgets	Woke up several times, morning heaviness	Evening stretching before bed	No change
04.09.25	23:15 – 07:00	Moderate tiredness after work	Quiet, comfortable temperature	Woke up clear, stable energy	Light stretching before bed	Stable condition

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Example of a Sleep Tracker

Date & Time	Sleep (bedtime & wake-up)	Factors (stress, food, activity, emotions)	Sleep conditions (quiet, light, temperature, gadgets)	Symptoms (heaviness, bloating, fatigue, energy boost)	Methods & strategies for improvement	Changes in condition (improvement)
01.09 .25	23:00 – 07:00	Calm evening, light walk	Quiet, darkened room, window open	Woke up refreshed, clear mind	Herbal tea 30 min before bed	Slight improvement
02.09 .25	23:00 – 07:00	Strong stress at work	Bright light in room, phone before bed	Woke up tired, anxious	Breathing exercises before bed	Slight improvement
03.09 .25	22:45 – 06:30	Late dinner (heavy food)	Darkness, stuffy room	Several awakenings, heaviness in the morning	Ventilating the room before bed	No change
04.09 .25	23:15 – 07:00	Moderate fatigue after work	Quiet, comfortable temperature	Clear morning, stable energy	Light stretching before bed	Stable condition

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How to Analyze Your Observations

Now that you've started recording data about your sleep, let's add a perspective from Traditional Chinese Medicine (TCM). This will help you see the bigger picture and understand how nutrition, habits, and emotions affect recovery.

Observation is the foundation of change. Even if you've tracked your sleep for just a few days, you can already notice: what helps you fall asleep more easily, and what interferes with recovery. This process allows you to reconnect with your body, understand its signals, and adjust your habits so they support you rather than work against you.

It's not about "sleeping right," but about seeing how your body truly reacts — gently, without judgment or criticism.

Pay attention to:

- Recurring symptoms: difficulty falling asleep, frequent awakenings, restless sleep.
- The impact of bedtime (earlier/later).
- Links between emotional states and sleep quality (calm vs. stress).
- Differences in rest after peaceful evenings compared to overstimulation.
- Morning condition: clarity of thought, lightness or heaviness, fatigue.
- Energy levels and mood throughout the day.

Try to identify 3 types of reactions:

1. What improves sleep and recovery (calm evenings, relaxation practices, quiet, darkness).
2. What worsens it (stress, late heavy meals, gadgets, tension).
3. What has no effect — neutral habits or factors.

Such observations become your personal map and compass. Only you can see what truly disrupts the balance of Yin and Yang. This is the foundation of healthy sleep, where restorative energy returns naturally without stimulants or medications — step by step, guided by your real experience.

Trackers and Worksheets

How to use the next page:

1. Analyze the data:

- As you fill out the tracker, start noticing what exactly affects your condition.
- On the following pages, write down the factors that reduce the noise in your ears, and the factors that make it worse.

2. Fill in the two lists step by step:

- On one page, write down everything that reduces the noise (for example, certain foods or relaxation methods).
- On the other page, write down everything that increases it (for example, stress or specific meals, foods, or actions).

Factors that worsen the condition

Factors that Worsen Sleep Quality

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5	
6	
7	
8	
9	
10	

Factors that improve the condition

Factors that Improve Sleep Quality

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These notes will help you:

- Clearly see how your behavior and environment affect your sleep.
- Create a personalized strategy for reducing factors that worsen your condition.
- Develop a reliable knowledge base.
- Gradually form your own system by removing the triggers that interfere with sleep and introducing more of the factors that improve it.

Factors that Worsen Sleep Quality

1	Late or heavy dinner
2	Caffeine and other stimulants (coffee, tea, energy drinks)
3	Alcohol before bed
4	Use of gadgets and screens 1–2 hours before sleep
5	Emotional tension, stress, anxious thoughts
6	Irregular bedtime
7	Noise and light in the bedroom
8	Unsuitable room temperature (too hot or too cold)
9	Lack of physical activity during the day
10	Absence of a relaxing bedtime ritual

Factors that Improve Sleep Quality

1	Regular bedtime
2	Dark and quiet bedroom environment
3	Comfortable room temperature (18–20 °C)
4	Comfortable mattress and pillow
5	Light physical activity during the day
6	Relaxing bedtime rituals (breathing, warm shower, reading)
7	Avoiding gadgets and bright light an hour before bed
8	Light dinner 2–3 hours before sleep
9	Herbal tea or warm drink in the evening
10	Meditation, yoga, or calm breathing before sleep

Factors that Worsen Sleep Quality

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Factors that Improve Sleep Quality

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Conclusions

You've learned to notice things that previously slipped by. Working with a sleep tracker isn't just about keeping notes — it's a mindful practice that helps you better understand which factors support your sleep and which ones disrupt it.

Now you have:

- Firsthand experience and real insights, not just abstract advice.
- A skill in tracking the impact of food, stress, routines, and other conditions on sleep.
- A personal knowledge base that reflects your own patterns and regularities.
- The ability to identify factors that worsen sleep (such as stress, heavy meals, irregular routines) and those that improve it (calm, warm drinks, a regular rhythm).
- Awareness and the ability to link your daytime habits with the quality of your night's rest.

These steps help gradually strengthen healthy sleep, reduce fatigue, and expand your body's overall resources.



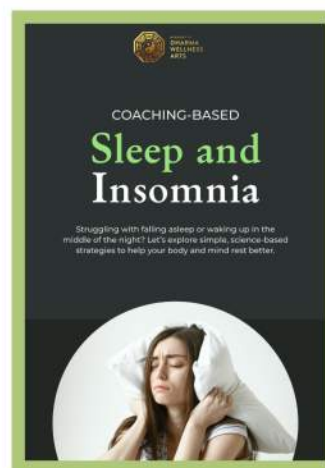
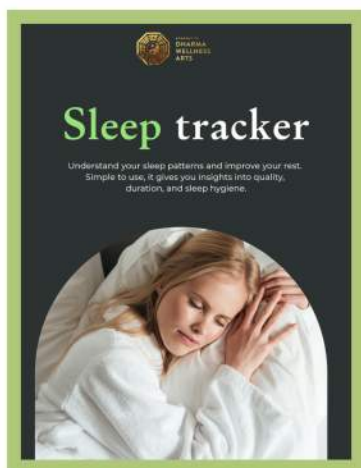
End of Chapter 2

You've completed an important stage: learning to track the factors that influence your sleep and recognizing the first patterns. This means you now hold the key to understanding your own habits and inner states.

Every entry in your tracker is more than just data — it's a foundation for change. You're beginning to notice connections that once went unseen, and step by step, you're shaping a new lifestyle: more mindful, stable, and filled with energy.

These skills make your sleep more predictable and reliable. You gain the confidence that you can take charge of your well-being.

Ahead lies the next step. In the main program “Sleep and Insomnia” you'll find practical tools and strategies to help turn your observations into lasting habits and build a sustainable, deeply restorative system of recovery.



Chapter 2

From Steps to Lasting Results

Congratulations on beginning Chapter Three!
You've already made great progress: learning to track your habits, analyze the factors that affect your sleep, and take your first steps toward improvement. Now it's time to turn those steps into a system — one that will support you every day and allow you to see real, lasting change.

This chapter will help you:

- Turn your insights and observations into concrete actions.
- Reinforce the habits that truly work for you.
- Track your progress and fine-tune your strategy.
- Move forward with confidence, step by step, toward healthier sleep.

What you'll do in this chapter:

Step 1. Create your personal sleep roadmap
Identify the key habits and choices that bring you closer to rest and recovery.

Step 2. Translate your goals into a strategy
Use the Strategy Sheet to clearly outline your goals, steps, and timelines.

Step 3. Track your results
Learn to record successes and adjust actions as needed.

Step 4. Build new sustainable habits
Strengthen a system that becomes your daily support.

Important to remember: this is not about rigid routines or strict rules. Instead, you'll create a living system of self-care — flexible, adaptable, and built around your own observations and needs.

Create Your Personal Roadmap to Quality Sleep

Now that you know what affects your sleep, it's time to turn that knowledge into practical steps. Imagine each small choice you make becoming an investment in peaceful nights, deep rest, and brighter mornings.

This template is your guide on the path to restoration.

How does it work?

1. In the left column, write down the factor or goal connected to your sleep. Think about what you'd like to change: it could be something that prevents you from falling asleep, or a result you're striving for.

Examples:

- "Noise keeps me awake."
- "I want to learn how to relax before bed."
- "I need to build a regular sleep routine."

2. In the right column, list the steps that will help you reach your goal. These should be simple, realistic actions you can repeat every day.

Sample Roadmap

Factor/Goal: Noise keeps me awake.

Steps:

- Buy earplugs.
- Use white noise.
- Agree with family/housemates to keep quiet at night.

Factor/Goal: No regular sleep routine.

Steps:

- Set a reminder for bedtime.
- Turn off gadgets 30 minutes before sleep.
- Read a book or practice breathing before bed.

Factor/Goal: Racing thoughts make it hard to fall asleep.

Steps:

- Keep a thought journal 30 minutes before bedtime.
- Practice breathing exercises.
- Try a short 5-minute meditation.

Your Rules for Success

- Focus on just 1–3 points at a time.
- Take small steps consistently.
- Don't wait — start today with one simple change.
- Each completed step builds confidence.





Why this works:

This roadmap turns your sleep goals into practical actions. Every step is an investment in calmer nights and more energized mornings. Remember: even the smallest step is still progress. Over time, these small steps add up to real change!

Steps Toward a Goal

When working on insomnia, it's important to have a clear action plan. Each goal can be broken down into several small steps that will help you gradually improve your condition.

Think about your main goal, write it down below, and then outline the small, specific steps you'll take to reach it.

Goal 1		1. <input type="text"/>
		2. <input type="text"/>
		3. <input type="text"/>
		4. <input type="text"/>
Goal 2		5. <input type="text"/>
		6. <input type="text"/>
		7. <input type="text"/>
		8. <input type="text"/>
Goal 3		9. <input type="text"/>
		10. <input type="text"/>
		11. <input type="text"/>
		12. <input type="text"/>
Goal 4		13. <input type="text"/>
		14. <input type="text"/>
		15. <input type="text"/>
		16. <input type="text"/>

From Steps to Strategy: Turning Ideas into Actions

You've already done important work: identified the factors affecting your sleep and started shaping goals. This is the foundation on which your path to quality sleep is built. Now it's time to take the next step — turning those goals into concrete actions and planning how to achieve them.

Imagine this:

You go to bed in a cozy, quiet room, and you fall asleep easily. You're no longer disturbed by noise, bright lights, or racing thoughts. And all of this is the result of small, consistent steps. These are the steps we'll plan now.

How does it work?

1. Take a goal from the previous section.

Each goal is a solution to a problem that interferes with your sleep.

Example:

- Factor: irregular sleep schedule → Goal: "Go to bed and wake up at the same time every day."
- Factor: noise prevents falling asleep → Goal: "Make the bedroom quiet and comfortable."

2. Break the goal into concrete steps.

Ask yourself: "What can I do right now to move closer to this goal?"
The simpler the step, the easier it is to follow through.

Example:

- Goal: Establish a sleep routine.
 - Step 1: Set a reminder one hour before bed.
 - Step 2: Turn off devices 30 minutes before sleep.
 - Step 3: Plan morning tasks so you can wake up at the same time.

3. Transfer this to your Strategy Sheet.

This is your next tool: it helps you not only write down steps but also track progress.

Example of a Strategy Sheet entry:

- Goal: Make the bedroom comfortable for sleep.
- Actions:
 - a. Buy and hang blackout curtains.
 - b. Establish a quiet-time rule 30 minutes before bed.
 - c. Use white noise to block outside sounds.
- Start Date: Today.
- Progress: After one week, I fell asleep faster.

Why is this important?

It's not just inspiration but action that creates change. The Strategy Sheet is your guide, helping to turn dreams of restful sleep into reality.

- It gives structure and keeps you on track.
- It shows progress — even small wins bring results.
- It helps adjust the course if something isn't working.

Let this sheet be your personal tool, supporting you step by step until you achieve calmer nights and brighter mornings.

Example of a Strategy Sheet - Action

Instructions:

Write down your goals, actions, and progress here to keep your treatment under control.

Goal	Action	Start Date	End Date	Progress / Comments
Improve kidney condition	Add sesame seeds, adzuki beans, remove coffee.	01.01.2025	31.01.2025	Started adding sesame seeds, cut out coffee.
Reduce the impact of stress	Do breathing exercises daily (5 minutes in the morning).	02.01.2025	16.01.2025	Missed 2 days, otherwise stable.
Try acupuncture	Find a specialist in the city.	05.01.2025	21.01.2025	Planned a session for next week
Reduce flare-ups	Eliminate foods high in sugar and salt.	10.01.2025	02.02.2025	Hard to give up sweets, but making an effort
Track changes	Keep a journal: record progress in dealing with insomnia.	13.01.2025	01.02.2025	Improvement: insomnia became less disturbing.

This table is for personal use to help you observe and track patterns or changes.
It is not a substitute for medical advice.

Notes on the sheets

“Strategy” helps you set goals, track your actions, and monitor progress.

Strategy Sheet - Action

Instructions:

Write down your goals, actions, and progress here to keep your treatment under control.

Goal	Action	Start Date	End Date	Progress / Comments

This table is for personal use to help you observe and track patterns or changes.
It is not a substitute for medical advice.

Notes on the sheets

“Strategy” helps you set goals, track your actions, and monitor progress.

From Actions to Results: Evaluate and Improve

You have already taken the first step: outlined specific actions to achieve your goals. But the plan is only the beginning. Now it is important to pay attention to the results in order to see how your efforts are changing the quality of your sleep.

Why is it important to record results?

When you track your progress:

- You see what works and reinforce successful actions.
- You understand what needs improvement and adjust your approach in time.
- You get inspired even by small victories — they show that you are moving in the right direction.

What to do next?

1. Return to your Strategy Sheet – Action.
Review your goals and steps. Ask yourself: what changes do I already notice?
2. Fill in the Strategy Sheet – Result.
For each goal, mark what you managed to achieve, in what timeframe, and how it influenced your sleep and well-being.
3. Analyze your progress and adjust your approach.

Use this tool as a map: it will help you keep moving forward, gradually improving your habits and strategy.

A small step is a big achievement.
Each recorded result is a sign of progress.

Remember: any change takes time. Be patient with yourself, note your victories, and continue moving step by step toward calmer, deeper sleep.

Example of a Strategy Sheet - Result

Instructions:

Think about the actions you have been postponing in your life and use the recommendations below to take responsibility. Set realistic start and end dates for each goal.

Goal	Result	Start Date	End Date	Conclusion / New Goal	Status
Improve sleep quality		01.09.2025	31.01.2025		
Read an interesting book		02.09.2025	20.01.2025		
Improve emotional well-being		06.09.2025	30.01.2025		

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It is not a substitute for medical advice

Conclusions

You've already made significant progress — from analyzing factors to setting goals and taking action. Now it's time to pause for a moment and look back at what you've accomplished.

Why is it important to track results?

Tracking results helps you:

- Understand what works. You can see which actions bring the best effect.
- Celebrate your successes. Each completed step strengthens your confidence.
- Adjust your strategy. If something isn't delivering results, you can rethink your approach.

How to analyze results?

1. Recall the goals you set earlier.
2. Review the actions you've completed and reflect:
 - What changes have you noticed?
 - Which steps were the most effective?
 - What can be improved?
3. Write down your conclusions. This will help you see the bigger picture of your progress and inspire you for the next steps.

Your next step

Now you're ready to wrap up this chapter, summarize your achievements, and prepare for the new stage. Remember: every step you take — even the smallest one — is an investment in your better future.

Final Notes

You've come a long way.

Step by step, you've learned to notice the connection between your habits and the quality of your sleep, turned your observations into concrete actions, and seen the first results.

Now you have a living system — simple steps that work specifically for you.

What you've gained:

- The skill of observing and tracking factors that affect your sleep and well-being.
- The ability to turn knowledge into concrete actions and see results.
- Individual techniques that help you recover and feel better.
- A more mindful attitude toward yourself and greater flexibility in your daily routine.

But this is only the beginning. To reinforce your results and build a sustainable sleep recovery system based on TCM, move on to the main program. There you'll find a complete strategy, in-depth practices, and personalized recommendations that will help you make healthy sleep your new normal.

