

BEYOND BOTOX

7 STRATEGIES FOR SEXY, AGELESS SKIN
WITHOUT NEEDLES OR SURGERY

How Much Sleep Do YOU Need?

Our sleep needs vary, and achieving your personal sleep balance is the key to active aging. Fill in the appropriate blanks of this chart each day for three weeks, addressing each category. Once you have filled in the blanks for three weeks, review the chart and your responses. You should get a good idea of the optimum sleep amount for you – the amount necessary each night for you to feel great, be active, and have sexy, ageless skin.

Your Sleep Zone Chart

Day of the Week	Hours of Sleep	Mood Upon Awakening	Alertness the Next Day	Skin Tone the Next Day	Mood the Entire Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					