



Prescription Summary

Patient Name:

Date:

Upon Waking: try to wake same time (1 hr +/-) daily	
1.	3.
2.	4.

With Breakfast:	
1.	4.
2.	5.
3.	6.

Between Breakfast and Lunch: have a snack with fibre & a little fat and protein.	
1.	2.

With Lunch:	
1.	3.
2.	4.

Between Lunch and Dinner: have a snack with fibre & a little fat and protein.	
1.	2.

With Dinner:	
1.	3.
2.	4.

Before Bedtime: Create a bedtime routine to ease into sleep.	
1.	2.