

## Sleep journals

**Short description:**

Sleep journals with custom covers and pre-designed pages

**Long description:**

Our personalised sleep journals let you create unique designs for the front and back covers, while the interior features thoughtfully designed pages for your customers to track their sleep patterns, including space to write their name, record what time they go to bed and wake up, log sleep duration and jot down dreams.

Each sleep journal is made to order and available in a format that suits your audience – with a choice of spiral binding (hard or soft cover) or PUR binding (paperback with a printable spine). You can also choose between A4 and A5 sizes, depending on whether your customers prefer something portable or a bit more spacious.

To create your custom journal, simply download the print templates for your preferred size, edit the content as desired and upload your complete PDF when prompted during the order process. We'll handle the printing, packing and dropshipping, delivering it directly to your customer.

For detailed file setup instructions, please refer to our step-by-step guides:

- Spiral-bound notebook guide
- PUR-bound notebook guide

**\*\*Please note:\*\*** These guides are intended for fully customisable notebooks and include instructions for uploading your own page content. Since you're using our pre-designed sleep journal pages, you can skip those parts and focus only on the sections that explain how to set up your cover – and spine, if applicable.

**Features:**

- Customise the front and back cover
- Pre-designed pages – no need to create your own
- 60 sheets (120 pages) of 100gsm paper
- Available in sizes A4 and A5
- Spiral (hardback or softcover) or PUR binding (paperback, printable spine)
- Portrait orientation
- Printed in full colour

**Finish:****Wholesale price:**

From €12.45

**SKU prefix:**

SJ

**Manufacturing time:**

72h

<b>Manufacturing locations:</b>	 EU
<b>Sizes:</b>	A4, A5
<b>Product materials:</b>	Paper 100% paper stock, 100% card stock, 100% metal spine.
<b>Printing method:</b>	Digital print
<b>Image requirements:</b>	pdf, 300dpi recommended
<b>Packaging:</b>	All shipments are white-label, with no Prodigy branding on the outer packaging or on any included paperwork. - Rigid, corrugated cardboard boxes made from recycled materials.