

SLEEP TRACKER

NOTICE YOUR PATTERNS.
BUILD A ROUTINE THAT WORKS FOR YOU.

REST IS
PRODUCTIVE.
YOU MATTER.
SLEEP COUNTS.

DAILY SLEEP TRACKER

DATE RANGE: _____

DAY	BEDTIME	WAKE TIME	HOURS SLEPT (TOTAL)	SLEEP QUALITY (1-5)	HOW I FELT WAKING UP
MONDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
TUESDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
WEDNESDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
THURSDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
FRIDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
SATURDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired
SUNDAY	____:____ AM / PM	____:____ AM / PM	____ hrs	1 2 3 4 5	☐ Refreshed ☐ Okay ☐ Still Tired

★ BEDTIME ROUTINE CHECK-IN

Before bed today, I...

- ☐ Put my phone/screens down
- ☐ Had some quiet / wind-down time
- ☐ Prepared for tomorrow
- ☐ Went to bed around my planned time
- ☐ Gave myself enough time to rest
- ☐ Practiced gratitude or positive thinking

♡ END-OF-WEEK REFLECTION

♡ What helped me sleep well this week?

💭 What made sleep harder this week?

★ One thing I want to try next week:



THIS TRACKER ISN'T ABOUT PERFECT SLEEP. IT'S ABOUT
NOTICING PATTERNS AND LEARNING WHAT HELPS YOU
FEEL YOUR BEST.

Keep going! ♡

