

Year / Month / Day / Weekday ★

Bedtime

Wake Time

Total Sleep

☐ Quiet☐ Light Noise☐ Lights On☐ Blackout

Room Temperature

☐ Comfortable☐ Cool☐ Warm

Sleep Quality Rating

Fill in the stars to rate



Sleep Status

Times Awakened _____

☐ Deep Sleep☐ Vivid Dreams☐ Restless / Woke Easily☐ Light Sleep☐ Nightmares

Water Intake

Food Before Bed

Phone Time

Before-Bed Activity

Reading

☐ Stretching☐ Bath☐ White Noise☐ Music

Notes Before Bed

Morning Energy

☐ Energized☐ Normal☐ Tired☐ Groggy / Headache

Mood in One Sentence



Monthly Sleep Overview

Track bedtime, duration, and rating by date



Month: _____ This Month's Focus: _____

Item	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bedtime																															
Sleep Duration																															
Sleep Rating																															

Monthly Sleep Notes



Sleep Improvement Plan

Track routine changes, sleep supports, and monthly reflections



Recent Sleep Challenges

This Month's Goal

Sleep-Support Checklist

- ☐ Keep a Consistent Bedtime
- ☐ No Phone 30 Minutes Before Bed
- ☐ Reduce Evening Caffeine
- ☐ Stretch / Meditate Before Bed
- ☐ Keep Bedroom Quiet and Dark
- ☐ Track Routine Changes

Small Action Steps

Reflection & What Worked

How It Felt

What Worked Best for Me

