

One-Week Sleep Diary

Track what you did each evening and how the night went. One week of data reveals your pattern.

How to use: Fill in the evening columns before bed. Fill in the morning columns when you wake. After seven days, look for which evenings led to better nights.

Daily Log

Day	Bedtime	Lights Out	Times Woke	Final Wake	Morning Energy (1-10)	Notes / What was different?
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Evening Habit Tracker (tick each night)

Evening Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dimmed lights 90 min before bed							
No screens 60 min before bed							
Warm shower or foot soak							
Bedroom at 60-67F / 15.5-19.5C							
4-4-6 breathing before sleep							
Phone on DND, off nightstand							
Last caffeine before cutoff							