

Sleep Log

Bed time, wake time, hours and quality – the four columns that explain most tired weeks.

MONTH

TARGET HOURS PER NIGHT

DATE	IN BED	ASLEEP BY	WOKE AT	HOURS	QUALITY /5	CAFFEINE AFTER 2PM	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Patterns

AVERAGE HOURS

BEST NIGHT – WHAT WAS DIFFERENT?

WORST NIGHT – WHAT WAS DIFFERENT?