

One Week of Sleep

A simple week-long record of your nights, so patterns can show up.

WHEN TO USE THIS

Use this for seven nights, filling in one line each morning.

Guess if you do not know. Do not lie awake working out exact times - a rough number is plenty.

Fill in one line each morning about the night before.

NIGHT	IN BED AT	ASLEEP AT	UP FOR GOOD AT

After the week, what pattern do you notice?

Which night was the best one? What was different about that day?

A week of rough notes will tell you more than any single night could.