

# Sleep Log

Name:

<b>Entry 1</b>	<b>Date:</b>
<b>Time I went to sleep:</b>	<b>Time I woke up:</b>
<b>Total hours of sleep</b>	<b>Quality of sleep (1-10):</b>
<b>Notes on sleep quality and any disturbances:</b>	
<b>Bedtime routine:</b>	
<b>Factors that may have affected my sleep:</b>	
<b>How I felt upon waking up:</b>	
<b>Notes on daytime energy levels or any other observations:</b>	

<b>Entry 2</b>	<b>Date:</b>
<b>Time I went to sleep:</b>	<b>Time I woke up:</b>
<b>Total hours of sleep</b>	<b>Quality of sleep (1-10):</b>
<b>Notes on sleep quality and any disturbances:</b>	

**Bedtime routine:**

**Factors that may have affected my sleep:**

**How I felt upon waking up:**

**Notes on daytime energy levels or any other observations:**

**Entry 3**

**Date:**

**Time I went to sleep:**

**Time I woke up:**

**Total hours of sleep**

**Quality of sleep (1-10):**

**Notes on sleep quality and any disturbances:**

**Bedtime routine:**

**Factors that may have affected my sleep:**

**How I felt upon waking up:**

**Notes on daytime energy levels or any other observations:**

<b>Entry 4</b>	<b>Date:</b>	
<b>Time I went to sleep:</b>		<b>Time I woke up:</b>
<b>Total hours of sleep</b>		<b>Quality of sleep (1-10):</b>
<b>Notes on sleep quality and any disturbances:</b>		
<b>Bedtime routine:</b>		
<b>Factors that may have affected my sleep:</b>		
<b>How I felt upon waking up:</b>		
<b>Notes on daytime energy levels or any other observations:</b>		

<b>Entry 5</b>	<b>Date:</b>	
<b>Time I went to sleep:</b>		<b>Time I woke up:</b>
<b>Total hours of sleep</b>		<b>Quality of sleep (1-10):</b>
<b>Notes on sleep quality and any disturbances:</b>		
<b>Bedtime routine:</b>		

**Factors that may have affected my sleep:**

**How I felt upon waking up:**

**Notes on daytime energy levels or any other observations:**