Sleep Log

Name:

Entry 1	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:		

Entry 2	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:

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:

Entry 4	**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:		

Entry 5	**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: