

Fill in each morning using rough estimates. No clock-watching or perfect answers needed.

Date = the night you went to bed. Wake time = when you got out of bed. Use 24-hour times or mark AM/PM.

Sleep quality: 1 Very poor | 2 Poor | 3 Fair | 4 Good | 5 Very good. Habit boxes: check if yes; leave blank if no.

Date	Bedtime	Sleep onset minutes	Night awakenings count	Wake time out of bed	Sleep quality 1-5 (see key)	Caffeine after 2pm	Screens <1h before bed	Exercise	Notes (optional) naps, stress, awake time
						☐	☐	☐	
						☐	☐	☐	
						☐	☐	☐	
						☐	☐	☐	
						☐	☐	☐	
						☐	☐	☐	
						☐	☐	☐	

OPTIONAL: UNDERSTAND YOUR SLEEP EFFICIENCY ESTIMATE

(minutes in bed - sleep onset minutes - night awakenings x 15) / minutes in bed x 100

Minutes in bed = wake time minus bedtime; add 24 hours if crossing midnight.

Estimate only: each awakening is assumed to last 15 minutes. Actual awake time may differ; quality is not part of the formula.

Example: 23:00 to 07:00 = 480 minutes; 30-minute onset and 2 awakenings: (480 - 30 - 30) / 480 x 100 = 87.5%.