



SLEEP TRACKER






INSTRUCTIONS AND AN EXAMPLE

Color in the squares where you were sleeping. For example, if you went to bed at 10 p.m. on Monday and got up at 7 a.m. on Tuesday, you would color in 10, 11, 12, 1, 2, 3, 4, 5, 6, and 7. Then, shade in the number of stars to represent the energy you had during the day following the sleep you got. If you were crashing at 4 p.m. on Tuesday, you could choose to color in 2 stars out of 5.








Up in the night? Don't color in the squares for the time you were awake. Feel free to use $\frac{1}{2}$ or $\frac{1}{4}$ squares as appropriate.

Over time, you will have a visual of your sleep time, as well as the resulting energy levels.

| | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Energy |
|------|---|---|----|----|----|---|---|---|---|---|---|---|---|---|---|
| Sun. | | | | | | | | | | | | | | |  |
| Mon. | | | | | | | | | | | | | | |  |
| Tue. | | | | | | | | | | | | | | |  |

TRACKER SHEET

Dates: _____

| | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Energy |
|------|---|---|----|----|----|---|---|---|---|---|---|---|---|---|---|
| Sun. | | | | | | | | | | | | | | |  |
| Mon. | | | | | | | | | | | | | | |  |
| Tue. | | | | | | | | | | | | | | |  |
| Wed. | | | | | | | | | | | | | | |  |
| Thu. | | | | | | | | | | | | | | |  |
| Fri. | | | | | | | | | | | | | | |  |
| Sat. | | | | | | | | | | | | | | |  |

Notes: