

ADVANCED SLEEP METRICS

Tracking Period: ___/___/___ to ___/___/___

Subject ID: _____

DATE	TIME SCHEDULE		SLEEP ARCHITECTURE (HRS)			LATENCY (MIN)	EFFICIENCY %	COGNITIVE/PHYSICAL NOTES
	BEDTIME	WAKE	DEEP	REM	TOTAL			

Restorative Quality

1 - Fragmented / Exhausted

5 - Continuous / Refreshed

Variables to Note

Caffeine (mg), Alcohol, Blue Light,
Ambient Temp, Stress Levels

Metrics Key

Latency: Time to fall asleep

Efficiency: (Sleep Time / Bed Time)

Weekly Averages

Total: _____ Latency: _____

Efficiency: _____

This document is a clinical data template for personal or professional biometric observation.