

# WEEKLY SLEEP TRACKER

Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

DAY	BEDTIME	WAKE TIME	TOTAL HOURS	QUALITY (1-5)	INTERRUPTIONS
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

1: Poor / Restless 2: Fair 3: Average 4: Good 5: Excellent / Deep

## WEEKLY OBSERVATIONS & HABITS