

# OVERNIGHT SLEEP RECORD

Month/Year: \_\_\_\_\_

Name:

Goal Sleep Duration:

<b>DATE</b>	<b>BEDTIME</b>	<b>WAKE TIME</b>	<b>TOTAL HRS</b>	<b>QUALITY (1-5)</b>	<b>NOTES (CAFFEINE, STRESS, INTERRUPTIONS)</b>
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<b>DATE</b>	<b>BEDTIME</b>	<b>WAKE TIME</b>	<b>TOTAL HRS</b>	<b>QUALITY (1-5)</b>	<b>NOTES (CAFFEINE, STRESS, INTERRUPTIONS)</b>
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**WEEKLY OBSERVATIONS:**

Sleep Pattern Template â€œ Personal Use Only