

PREGNANCY SLEEP QUALITY LOG

Current Trimester:

Due Date:

WEEK	AVG. HOURS	QUALITY (1-5)	SYMPTOMS / NOTES
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Week	_____		
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Week	_____		
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Week	_____		
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Week	_____		
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Week	_____		
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Week	_____		
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Week	_____		
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WEEK	AVG. HOURS	QUALITY (1-5)	SYMPTOMS / NOTES
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Week	_____		
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Track patterns in rest, fatigue, and physical comfort to discuss with your healthcare provider.