

TEMPLATE

8760 Hours: Awake? Asleep?

Total sleep opportunity hours

MONTH 1:	MONTH 2:	MONTH 3:
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	29
30	30	30
31	31	31
TOTAL:	TOTAL:	TOTAL:

MONTH 1:

screenless time	bed time	wake time	sleep quality 1-5	notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
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11				
12				
13				
14				
15				
16				
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22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
TOTAL:				

MONTH 2:

screenless time	bed time	wake time	sleep quality 1-5	notes
1				
2				
3				
4				
5				
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7				
8				
9				
10				
11				
12				
13				
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22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
TOTAL:				

MONTH 3:

screenless time	bed time	wake time	sleep quality 1-5	notes
1				
2				
3				
4				
5				
6				
7				
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9				
10				
11				
12				
13				
14				
15				
16				
17				
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24				
25				
26				
27				
28				
29				
30				
31				
TOTAL:				