Mental Health UK

Sleep Tracker

For 1 week, use this sleep tracking sheet to record how many hours of sleep you're getting and mark the quality of it. After 1 week visit mentalhealth-uk. org/sleep to see what your results mean as well as tips and ideas to help you improve your sleep.

Each night before you go to bed write down your final thoughts before going to sleep. In the morning, write down how many hours you think you slept in total, and mark out of 10 the quality of your sleep.

Day 1

My final thoughts of the day

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In the morning

Last night I slept for ..... hours. My quality of sleep out of 10 was (1 = very bad, 10 = great)

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because ....
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Day 2
My final thoughts of the day

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In the morning

Last night I slept for ..... hours.
My quality of sleep out of 10
was (1 = very bad, 10 = great)
....

because ....
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Day 3
My final thoughts of the day

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In the morning

Last night I slept for ..... hours.
My quality of sleep out of 10
was (1 = very bad, 10 = great)
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because ....
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Day 4

My final thoughts of the day

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In the morning

Last night I slept for ..... hours.

My quality of sleep out of 10 was (1 = very bad, 10 = great)

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because ....
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Day 5

My final thoughts of the day

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In the morning

Last night I slept for ..... hours.

My quality of sleep out of 10 was (1 = very bad, 10 = great)

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because ....
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Day 6

My final thoughts of the day

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In the morning

Last night I slept for ..... hours. My quality of sleep out of 10 was (1 = very bad, 10 = great) ....

because ....

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Day 7

My final thoughts of the day

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In the morning

Last night I slept for ..... hours. My quality of sleep out of 10 was (1 = very bad, 10 = great) ....

because ....

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