

## 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.

<b>Day 1</b> My final thoughts of the day	In the morning
	Last night I slept for hours.
	My quality of sleep out of 10
	was (1 = very bad, 10 = great)
	because

<b>Day 2</b> My final thoughts of the day	In the morning
	Last night I slept for hours.
	My quality of sleep out of 10
	was (1 = very bad, 10 = great)
	because
Day 3	
	In the morning
Day 3	In the morning  Last night I slept for hours.
Day 3	
Day 3  My final thoughts of the day	Last night I slept for hours.
Day 3 My final thoughts of the day	Last night I slept for hours.  My quality of sleep out of 10
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Doy 4	
Day 4	In the morning
My final thoughts of the day	
	Last night I slept for hours.
	My quality of sleep out of 10
	was (1 = very bad, 10 = great)
	because
Day 5	In the morning
Day 5  My final thoughts of the day	In the morning
	In the morning  Last night I slept for hours.
My final thoughts of the day	
My final thoughts of the day	Last night I slept for hours.
My final thoughts of the day	Last night I slept for hours. My quality of sleep out of 10
My final thoughts of the day	Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)
My final thoughts of the day	Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)
My final thoughts of the day	Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)
My final thoughts of the day	Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)

Day 6 My final thoughts of the day	In the morning  Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)  because
Day 7	
My final thoughts of the day	In the morning
	In the morning  Last night I slept for hours.  My quality of sleep out of 10
	Last night I slept for hours.  My quality of sleep out of 10  was (1 = very bad, 10 = great)
	Last night I slept for hours. My quality of sleep out of 10