



SLEEP TRACKER

Enhance Restful Nights and Boost Daily Performance

Improve Sleep • Calm Racing Thoughts • Restore Energy

Sleep Matters

Good sleep supports:

- Energy levels
- Focus and mood
- Stress management

Poor sleep often comes from habits + racing thoughts.

Weekly Sleep Tracker

| Day | Bedtime | Wake Time | Hours Slept | Sleep Quality (1-5) | Notes |
|-----|---------|-----------|-------------|---------------------|-------|
| Mon | | | | | |
| Tue | | | | | |
| Wed | | | | | |
| Thu | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |

Sleep Hygiene Check

Check what applies:

- I go to bed at consistent times
- I limit screen time before bed
- My sleeping environment is calm/dark
- I avoid caffeine late in the day
- I have a wind-down routine
- I get enough rest most nights

What needs improvement?

Racing Thoughts Check

At night, my mind:

- Overthinks
- Replays conversations
- Worries about the future
- Feels restless
- Struggles to switch off

Common thoughts:

Thought Dump (Before Bed)

Write down anything on your mind:

Calm the Mind Plan

What can help you slow your thoughts?

- Deep breathing
 - Journaling
 - Listening to calming music
 - Reducing screen time
 - Guided relaxation
 - Other: _____
-

Night Routine Plan

Tonight, I will:

- Go to bed at: _____
 - Turn off screens at: _____
 - Do a calming activity: _____
 - Create a relaxing environment
-

Morning Reflection

- How do I feel after sleep?

 - What affected my sleep quality?
-

Reflection

- What patterns do I notice about my sleep?

- What is one habit I can improve?

Sleep isn't just about time—it's about quality and calm. A quiet mind leads to a rested body.

“Rest your mind, restore your energy.”