Sleep Schedule Tracker Printable: Free 14-Day Sleep Log PDF

Free printable. Full guide and tips: https://betterlifecarez.com/sleep-schedule-tracker-printable/

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Log each night within 30 minutes of getting up. Best guesses are fine. Don't check the clock during the night.

How to fill in each column

- **Lights out:** the time you put the phone down and tried to sleep.
- **Fell asleep:** your rough guess, such as 20 min.
- **Wake-ups:** how many times, and roughly how long you were awake.
- **Up for day:** the time you got out of bed for good.
- **Total sleep:** time in bed minus time spent awake.
- **Extras:** C = caffeine after noon, A = alcohol, N = nap, S = screens in bed, E = evening exercise.
- **Rested 1 to 5:** 1 = exhausted, 5 = refreshed.

Week 1

Day	Lights out	Fell asleep	Wake-ups	Up for day	Total sleep	Extras	Rested 1 to 5
Example: Mon	*11:15 PM*	*25 min*	*1 (10 min)*	*6:45 AM*	*6 h 55 min*	*C, S*	*3*
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Week 2

Day	Lights out	Fell asleep	Wake-ups	Up for day	Total sleep	Extras	Rested 1 to 5
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

Weekly review

Question	Week 1	Week 2
Average total sleep		
Earliest and latest lights out		
Earliest and latest wake time		
Best-rested day and its extras		
Most common extra		
One change to try next		

Week 1 is your baseline, so change nothing. In week 2, test one small change and compare.