

7-DAY SLEEP HABIT TRACKER

Track everyday habits that may influence sleep timing, consistency, and quality.

Week of: _____

to: _____

How to use it: Check off each habit daily. The goal is not perfect sleep hygiene. Use the tracker to notice which routines you follow consistently and whether those patterns appear to relate to better sleep.

Weekly Habit Grid

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Consistent Wake Time	☐	☐	☐	☐	☐	☐	☐
Morning Daylight	☐	☐	☐	☐	☐	☐	☐
Daily Movement	☐	☐	☐	☐	☐	☐	☐
Caffeine Cutoff Met	☐	☐	☐	☐	☐	☐	☐
Avoided Long / Late Nap	☐	☐	☐	☐	☐	☐	☐
Balanced Evening Meal Timing	☐	☐	☐	☐	☐	☐	☐
Reduced Evening Screens	☐	☐	☐	☐	☐	☐	☐
Wind-Down Routine	☐	☐	☐	☐	☐	☐	☐
Bedroom Cool / Dark / Quiet	☐	☐	☐	☐	☐	☐	☐
Consistent Bedtime	☐	☐	☐	☐	☐	☐	☐

Sleep Outcomes

Outcome	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bedtime							
Wake Time							
Estimated Sleep Duration							
Sleep Quality 1-10							
Morning Energy 1-10							

7-DAY SLEEP HABIT TRACKER

Review your week to identify habits worth keeping, changing, or watching more closely.

Most Consistent Habits

- Consistent wake time
- Daily movement
- Nap timing
- Reduced evening screens
- Bedroom environment
- Morning daylight
- Caffeine cutoff
- Evening meal timing
- Wind-down routine
- Consistent bedtime

Habits I Struggled With Most

- Consistent wake time
- Daily movement
- Nap timing
- Reduced evening screens
- Bedroom environment
- Morning daylight
- Caffeine cutoff
- Evening meal timing
- Wind-down routine
- Consistent bedtime

What seemed to help my sleep?

What seemed to make sleep harder?

My Sleep Pattern This Week

Best sleep night: _____	Lowest-quality sleep night: _____
Typical bedtime: _____	Typical wake time: _____
Average sleep quality: ____ / 10	Average morning energy: ____ / 10

Possible Patterns I Noticed

- I slept better with a consistent wake time
- Late caffeine appeared to affect sleep
- Movement seemed to support sleep
- Late meals seemed connected to poorer sleep
- I did not notice a clear pattern yet
- Morning daylight seemed helpful
- Screens close to bedtime seemed disruptive
- Stress appeared to affect sleep
- My bedroom environment made a difference

My Focus for Next Week

One habit I'll focus on:

One habit I'll keep doing:

One thing I'll watch more closely:

Important: This tracker is intended for general education and self-awareness and does not diagnose sleep disorders. Persistent sleep problems, excessive daytime sleepiness, loud snoring, witnessed breathing pauses, or other concerning symptoms should be discussed with a qualified healthcare professional.