

WEEKLY SLEEP PATTERNS WORKSHEET

Review your week to identify patterns in sleep duration, consistency, awakenings, habits, and morning energy.

Week of: _____

to: _____

1. My Sleep This Week

Day	Bedtime	Wake Time	Est. Sleep	Night Awakenings	Sleep Quality 1-10	Morning Energy 1-10
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Average estimated sleep duration: _____ hours

Average sleep quality: _____ / 10

Average morning energy: _____ / 10

Best-rested day: _____

2. Sleep Timing & Consistency

Typical bedtime: _____

Typical wake time: _____

Largest shift in bedtime or wake time: _____

How consistent was my sleep schedule?

☐ Very consistent

☐ Somewhat inconsistent

☐ Mostly consistent

☐ Very inconsistent

Did more consistent days seem to lead to better sleep?

☐ Yes

☐ No

☐ Sometimes

☐ Unsure

Notes about timing or consistency:

WEEKLY SLEEP PATTERNS WORKSHEET

Look for possible connections between daytime habits, evening routines, and disrupted sleep.

3. Nighttime Awakenings

Typical number of awakenings: _____

- ☐ Rare awakenings
- ☐ Multiple awakenings
- ☐ Difficulty returning to sleep

What seemed connected to more disrupted nights?

- ☐ Stress
- ☐ Alcohol
- ☐ Temperature
- ☐ Pain/discomfort
- ☐ No obvious reason

- ☐ One awakening
- ☐ Early-morning waking
- ☐ No clear pattern

- ☐ Late meal
- ☐ Bedroom noise
- ☐ Bathroom trips
- ☐ Caffeine
- ☐ Other: _____

4. Caffeine & Sleep

Typical last caffeine time: _____

- ☐ Earlier caffeine days seemed to support better sleep
- ☐ Caffeine timing did not seem related

- ☐ Late caffeine appeared to affect sleep
- ☐ I am not sure yet

Notes:

5. Morning Light & Daytime Activity

- ☐ I usually got daylight after waking
- ☐ Regular movement seemed to support sleep
- ☐ I did not notice a clear pattern

- ☐ Morning daylight seemed connected to better sleep timing
- ☐ Sedentary days seemed connected to poorer sleep

6. Evening Routine

Which habits seemed most helpful?

- ☐ Reduced screens
- ☐ Relaxing activity
- ☐ Reading
- ☐ Warm shower
- ☐ No clear pattern

- ☐ Dimmer lights
- ☐ Consistent bedtime
- ☐ Stretching
- ☐ Quiet time

What seemed to make sleep harder?

- ☐ Late work
- ☐ Stress
- ☐ Alcohol
- ☐ Bright light

- ☐ Screens in bed
- ☐ Late meal
- ☐ Irregular bedtime
- ☐ Other: _____

Additional observations:

WEEKLY SLEEP PATTERNS WORKSHEET

Use your observations to choose one or two realistic sleep priorities for the coming week.

7. Best & Lowest-Quality Sleep Nights

Best sleep night: _____

What was different that day or evening?

Lowest-quality sleep night: _____

What may have contributed?

8. Morning Energy Patterns

I usually felt most rested after:

- | | |
|--|--|
| ☐ Longer sleep | ☐ Fewer awakenings |
| ☐ More consistent bedtime | ☐ More consistent wake time |
| ☐ Earlier caffeine cutoff | ☐ Better wind-down routine |
| ☐ Lower-stress day | ☐ More daytime movement |
| ☐ No obvious pattern | |

Did better sleep quality usually correspond with better morning energy?

- | | |
|------------------------------|------------------------------------|
| ☐ Yes | ☐ Sometimes |
| ☐ No | ☐ Unsure |

9. Three Patterns I Noticed

1.

2.

3.

10. My Focus for Next Week

One habit I want to continue:

One habit I want to change:

One sleep pattern I want to watch:

One small experiment I'll try:

Important: This worksheet is intended for general education and self-reflection and is not a diagnostic tool. Persistent difficulty sleeping, excessive daytime sleepiness, loud snoring, witnessed breathing pauses, or other concerning symptoms should be discussed with a qualified healthcare professional.

Free for personal and educational use.