



## Sleep Tracker

Your sleep is important, because it affects your emotional, mental, and physical well-being. Achieving consistent and restful sleep is essential to maintaining good energy levels and allows you to engage in your daily activities with more focus and liveliness. Use this tracker to prioritize and track your sleep. You might find trends that show your optimal amount of sleep that helps you achieve optimal levels of energy the next day.

Month \_\_\_\_\_

Day of the Month	Hours Slept	Energy Level for Day (1-5)
1	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
2	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
3	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
4	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
5	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
6	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
7	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
8	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
9	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
10	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
11	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
12	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
13	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
14	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
15	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
16	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5

17	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
18	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
19	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
20	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
21	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
22	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
23	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
24	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
25	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
26	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
27	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
28	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
29	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
30	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5
31	0 1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5