

SLEEP TRACKER

Use this sheet to track your sleep!

	Hours of Sleep	Description of Your Sleep	How Do You Feel In The A.M?
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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Type of Sleep	Description of Sleep
Good Sleep	<ul style="list-style-type: none"> - Fall asleep within 15-20 minutes of lying down - Sleep 7.5-9 hours a night - Sleep is continuous - Feel refreshed when you're awake - Feel alert and productive in the day
Poor Sleep	<ul style="list-style-type: none"> - Getting less than the appropriate amount of sleep - Feeling fatigued the next morning - Taking a longer time to fall asleep within lying down - Waking up numerous times in the night
Restless Sleep	<ul style="list-style-type: none"> - Tossing and turning when sleeping - Waking up briefly at times - Difficulty resuming sleeping - Waking up in the morning feeling exhausted

Sleeping Apps	Description of Sleeping App
Sleep as Android (Android-Free)	This app can set your alarm with music of your choice and can track your sleeping patterns and sleep quality. There is also an option to record talking and snoring.
Sleep Bot (Android and Apple-\$1)	This is an easy app that can track your sleep cycles and record sound levels.
Sleep Cycle (Android and Apple-\$1)	This app can track when you are tossing and turning and waking up in the middle of the night.

Source: www.sleepfoundation.org