# E Sleep Tracker

## Week of:

| Date | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------|-----|-----|------|-----|-------|-----|-----|
| **I got into bed at this time** | | | | | | | |
| **It took this long (hrs/min) to fall asleep** | | | | | | | |
| **I woke up this many times during the night & stayed awake for this long (hrs/mins)** | | | | | | | |
| **Reason for awakening** | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ | ▢ Bathroom<br>▢ Night sweat<br>▢ Anxiety<br>▢ Other" _ _ _ _ _ |
| **Approx. total hours asleep** | | | | | | | |
| **Morning mood** | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ | ▢ Well-rested<br>▢ Somewhat rested<br>▢ Fatigued<br>▢ Other" _ _ _ _ _ |
| **Alcohol consumed & how many glasses?** | | | | | | | |
| **Caffeine consumed & how many cups?** | | | | | | | |
| **Environmental or behavioral intervention** | | | | | | | |
| **Med or supplement taken** | | | | | | | |
| **Patterns Observed** | | | | | | | |

*Adapted from the National Sleep Foundation*

**How to track:** Elektra's sleep tracker helps you: 1) identify personal patterns and habits that impact your sleep and 2) evaluate the impact of incremental changes made to improve your sleep. The tracker should only take 1 - 2 minutes to complete each day. **We recommend filling it out first thing in the morning**. Consistency is key!