



FREE PRINTABLE

# Weekly Sleep Tracker

Log your sleep each night to spot patterns and improve your rest over seven days.

Fill in one row per night. At the end of the week, look back for patterns in your sleep quality.

DAY	BEDTIME	WAKE TIME	HOURS	QUALITY (1-5)	NOTES
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

## QUALITY SCALE

1 = Very poor

2 = Poor

3 = Okay

4 = Good

5 = Excellent

## END OF WEEK REFLECTION

What pattern did you notice this week? What would you like to try differently?

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## A GENTLE TIP

Try to fill this in each morning while it's fresh in your mind — even a rough estimate is genuinely useful.

For a personalised bedtime routine based on your own results, try the Sleep Ritual Generator at [somnia.com](https://somnia.com).