** SLEEP LOG: Total Hours slept in 1 week: \_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| DATE |  |  |  |  |  |  |  |
| Bed Time |  |  |  |  |  |  |  |
| Wake Time |  |  |  |  |  |  |  |
| # of Times woken up during the night |  |  |  |  |  |  |  |
| What did you do before bed? Ex. Phone, TV, Workout.etc. |  |  |  |  |  |  |  |
| Caffeine during day? When? How much? |  |  |  |  |  |  |  |
| Exercise? What? How long? |  |  |  |  |  |  |  |
| Meals per day? Fast Food? |  |  |  |  |  |  |  |
| How much water? |  |  |  |  |  |  |  |
| TOTAL # of Hours Slept |  |  |  |  |  |  |  |