

HORMONE INTELLIGENCE SLEEP JOURNAL

Not sure what's keeping you up at night? Keep a sleep journal. A sleep diary is a helpful tool both to identify the factors that might be interfering with your sleep, set sleep goals, and track your sleep progress. Fill out your sleep journal each morning for a week or two and track your sleep habits.

Start day Day of the week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Last night I went to bed at:	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm
This morning I got out of bed at:	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm
Last night I fell asleep: <ul style="list-style-type: none"> • Easily • It took a little while • It was tough 	• • •	• • •	• • •	• • •	• • •	• • •	• • •
During the night I woke up							
# of times							
# of minutes							
I slept for a total of	_____ hours	_____ hours	_____ hours	_____ hours	_____ hours	_____ hours	_____ hours
Note whether your sleep was disturbed by: noise, lights, pets, allergies, a snoring partner, children, temperature, discomfort/pain, stress/worry							

Start day Day of the week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Note which other factors that may have affected your sleep, i.e., a work shift, medications or a supplement, a stressful day, your hormonal cycle (explain, i.e., premenstrual symptoms, cramps, migraine, other)							
I exercised for at least 20 minutes yesterday (circle one)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Yesterday, I consumed # _____ caffeinated drinks; the last one was at _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm	#_____ _____ am/pm
I ate a meal within 3 hours of going to bed (circle one)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
I consumed alcohol yesterday evening/ before bed	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No

Start day Day of the week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
In the hour before going to bed I did an evening wind-down ritual and stayed off of all electronics:	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No
I created a sleep-conducive environment in my room	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No
I took sleep-support supplements before bed	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No
	N/A	N/A	N/A	N/A	N/A	N/A	N/A

This morning I felt:

Refreshed/ready to start the day	•	•	•	•	•	•	•
Okay but not really refreshed	•	•	•	•	•	•	•
Tired/Exhausted	•	•	•	•	•	•	•

Modified from the National Sleep Foundation Sleep Diary