

# Sleep Routine Tracker

Member's Name

Date:

DAY

TIREDNESS  
SCORE

SLEEP  
DURATION

WAKE UP SCORE

CAFFEINE  
LAST TIME CONSUMED  
& AMOUNT

ALCOHOL  
AMOUNT CONSUMED

ENERGY LEVELS

AM PM

AM PM

AM PM

AM PM

AM PM

AM PM

AM PM

# Sleep Routine Tracker

## TIREDNESS SCORE

Scored out of 4 how tired do you feel during the late evening:

4 = Very tired (Falling asleep before bed)

3 = Tired (Ready for bed)

2 = Not that tired (Don't feel ready to sleep)

1 = Not tired (Can't sleep / wide awake)

## SLEEP DURATION

This is the duration from the time you went to sleep until you woke up. Should you have a wearable device such as an Apple Watch, Fitbit, Whoop, etc... which tracks your sleep, bring the data to your session with you, this is usually stored on your phone within in the associated app.

## WAKE UP SCORE

Scored out of 4, how refreshed do you feel when you wake up in the morning?

4 = Refreshed and Energised

3 = Awake and Ok

2 = Fatigued and still feel tired

1 = Feels like you haven't slept

## CAFFEINE

Caffeine when did you last consume a caffeinated beverage? This would include tea, coffee and carbonated drinks. How many caffeinated drinks did you consume throughout the day?

## ALCOHOL

Amount consumed units, pints, glasses etc...

Record however you feel comfortable.

Ideally include the beverage e.g. wine

## ENERGY LEVELS

Please rate your energy levels in the morning and afternoon.

4 = Good consistent energy throughout the day

3 = Fluctuating energy throughout the day

2 = Moderate energy which declines throughout the day

1 = Low energy throughout the day