



30-Day Sleep Tracker

Instructions: Use this tracker to monitor your sleep patterns for the next 30 days. Tracking your sleep can help you identify habits that affect your rest and overall well-being.



Date	Bedtime	Wake Time	Total Sleep (hrs)	Sleep Quality (1-5)	Notes (dreams, disturbances, etc.)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Day 22					



Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					
Day 29					
Day 30					

Reflection Questions:

- How do I feel after 30 days of tracking my sleep?
- What patterns or trends did I notice?
- What changes can I make to improve my sleep quality?

Tips for Better Sleep:

- Maintain a consistent sleep schedule
- Avoid screens before bedtime
- Create a relaxing nighttime routine
- Limit caffeine and heavy meals before bed
- Keep your sleep environment cool and dark