



Sleep Clues Pattern Tracker™

Track for seven days to notice patterns, not to grade your sleep.

1 = LOW 5 = HIGH

1 ☆	2 ☆☆	3 ☆☆☆	4 ☆☆☆☆	5 ☆☆☆☆☆
--------	---------	----------	-----------	------------

DAY	BED / WAKE 	FALL ASLEEP 	NIGHT WAKING 	LAST CAFFEINE / ALCOHOL 	STRESS 1-5 	MORNING ENERGY 1-5 
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						



WHAT WOKE ME MOST OFTEN?



WHAT WAS DIFFERENT ON MY BETTER NIGHT?



ONE PATTERN I WANT TO EXPLORE



GENTLE REMINDER

One difficult night is not a pattern.
Look across several days before
drawing conclusions.



Martine's Midlife Wellness Tip

Change only one habit at a time so you
can more easily notice whether it
makes a difference.