BULLETPROOF 30-DAY SLEEP CHALLENGE

SLEEP LOG

Fill this out for the previous day and night, no more than 3 hours after waking. Use estimates when necessary..

WEEK OF:_____

DAY	SUN	MON	TUES	WED	THURS	FRI	SAT
What time did you have caffeine?	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____
Did you exercise?	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Did you drink alcohol? When and how much?	Yes No Amount:_____	Yes No Amount:_____	Yes No Amount:_____	Yes No Amount:_____	Yes No Amount:_____	Yes No Amount:_____	Yes No Amount:_____
Did you nap? If so, what time and for how long?	Yes No Time:_____	Yes No Time:_____	Yes No Time:_____	Yes No Time:_____	Yes No Time:_____	Yes No Time:_____	Yes No Time:_____
When did you eat dinner?	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Did you have a snack before bed?	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Did you take any medication or supplements to help you sleep? If so, which ones and at what time?	Yes No _____ Time:_____	Yes No _____ Time:_____	Yes No _____ Time:_____	Yes No _____ Time:_____	Yes No _____ Time:_____	Yes No _____ Time:_____	Yes No _____ Time:_____
Were you tired during the day?	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
What was your mood like during the day?	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____

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NIGHT	SUN	MON	TUES	WED	THURS	FRI	SAT
What time did you switch off the lights?	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____
Approximately how long did it take you to fall asleep?	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____
How many times did you wake up during the night?	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____	Amount:_____
What time did you wake up?	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____	Time:_____
Rate the quality of your sleep: 5=deep rest; 1=poor	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How did you feel when you woke up?	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____	Mood:_____