

7-Day Sleep Tracker

A free printable from NappyTi.me — nappyti.me

How to use this tracker

1. Print one tracker page per week (page 2). Keep it on your nightstand.
2. Each morning, fill in: bedtime, wake time, total sleep, wakeups, and rest rating.
3. At the end of the week, look for patterns: late nights, caffeine, screens, exercise.
4. Pick ONE habit to change next week — small experiments beat big overhauls.

Tips for accurate tracking:

- Estimate bedtime as the moment you turned out the light, not when you got in bed.
- Rate rest 1–5 within 15 minutes of waking — your memory fades fast.
- Use the notes column for anything unusual: travel, alcohol, stress, late meals.

Pair this tracker with our free Sleep Calculator at nappyti.me to find the wake times that match your natural 90-minute sleep cycles.

Weekly Sleep Log

Week of: _____ Goal: hours per night _____ Target bedtime _____ : _____

Day	Bedtime	Wake	Total	Wakeups	Rest 1–5	Caffeine cutoff	Notes
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Weekly review

Average sleep: _____ h Best night: _____ Worst night: _____

Patterns I noticed: _____

One habit to try next week: _____

Reward if I hit my goal: _____