

Nightly Sleep Tracker

Night	Planned Sleep Schedule	Actual Sleep Schedule	Reflection
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Using the Nightly Sleep Tracker

The nightly sleep tracker is designed to help you track your intended sleep schedule vs. your actual sleep schedule. To fill it out, you should:

1. **Plan your sleep in advance** – fill out the “Planned Sleep Schedule” column with your when you want to go to bed each night and when you want to wake up the following morning.
2. **Track your sleep** – fill out the “Actual Sleep Schedule” column with when you **actually** slept. Try to do this right when you wake up to make it the most accurate. Give your best estimate for the time you fell asleep.
3. **Evaluate your planned vs. actual sleep** – take some time to analyze your planned sleep in relation to your actual sleep. Use the “Reflection” column to reflect on how your night went.
 - a. What differences and similarities do you notice between your planned vs. actual schedule?
 - i. Why do you think this is?
 - ii. What external and internal factors led to these differences and similarities?
 - b. How can this help you plan your schedule in the future?
 - c. Did anything unusual happen?
 - i. Waking up during the night
 - ii. Having trouble falling asleep
 - iii. Waking up early and not being able to fall back to sleep

Tips for Getting Better Sleep and Feeling More Rested

- Sleep consistency (falling asleep and waking up at the same times each night) is important
 - Try to maintain similar bedtimes and wake up times throughout the whole week
 - Being consistent is linked to higher quality sleep – even getting the same duration of sleep but at a variety of times can lead to less quality sleep
- Get at least 8 hours of sleep each night to feel well rested
 - Work backwards from when you need to wake up to determine when to fall asleep
- Practice good “sleep hygiene” each night to get a better night of sleep
 - Have a consistent routine before sleep that is relaxing and in reduced light
 - Avoid caffeine after lunch since it can affect you hours later
 - Avoid looking at screens directly before going to bed
- Get up and out of bed as soon as you wake up in the morning



These tips were provided from Purdue's Recreation and Wellness Sleep Handbook. Follow the QR code to the left for more strategies and ways to set and meet your sleep goals.