

Loved To Sleep - Daily Sleep Log

Loved To Sleep Log For _____							
Week # ____ Start Date: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Wake-up Time:							
Wakeful Window #1 (Length)							
Sleep Length Nap #1							
Wakeful Window #2 (Length)							
Sleep Length Nap #2							
Wakeful Window #3 (Length)							
Sleep Length Nap #3							
Wakeful Window #4 (Length)							
Sleep Length Nap #4							
Combined Nap Sleep Total (Nap 1 + Nap 2 + Nap 3 + Nap 4)							
Last Wake-up Time:							
Wakeful Window Before Sleep (Length)							
Lights Out Time:							
Asleep At Time:							
Amount of Time to Fall Asleep							
Nighttime Comments:							
Next Morning Wake-up Time:							
Overnight Sleep Total							
24 Hours Total Sleep (Nap Sleep Total + Overnight Sleep Total)							