# Start Here

Your free 31-night sleep log pack.

## How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

## What's inside

Pages 2-3: the 31-night sleep log, with the quality legend on every page.
Page 3 also has a patterns summary to fill in at the end of the month.
Page 4: a black & white ink-saver copy of nights 1-14.

## Filled example - yours is blank, like this but empty

1 **Rough** 2 **Restless** 3 **Okay** 4 **Deep & rested**

*Fill the dot that matches your night.*

| Day | Date | To bed | Wake | Hours | Quality | Notes |
|---|---|---|---|---|---|---|
| 1 | *Mon 6* | *10:45 pm* | *6:30 am* | *7 h 45 m* | ○ ○ ○ ● | *Read in bed first* |
| 2 | *Tue 7* | *11:20 pm* | *6:15 am* | *6 h 55 m* | ○ ● ○ ○ | *Phone late, restless* |
| 3 | *Wed 8* | *10:30 pm* | *7:00 am* | *8 h 30 m* | ○ ○ ○ ● | *Cool room, great night* |

*A filled example - the pages after this one are blank, ready for your pen.*


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# Sleep Log

Weeks 1 and 2 - nights 1 to 14.

1 **Rough** 2 **Restless** 3 **Okay** 4 **Deep & rested**

*Fill the dot that matches your night.*

| Day | Date | To bed | Wake up | Hours slept | Quality | Notes |
|---|---|---|---|---|---|---|
| 1 | | | | | ○ ○ ○ ○ | |
| 2 | | | | | ○ ○ ○ ○ | |
| 3 | | | | | ○ ○ ○ ○ | |
| 4 | | | | | ○ ○ ○ ○ | |
| 5 | | | | | ○ ○ ○ ○ | |
| 6 | | | | | ○ ○ ○ ○ | |
| 7 | | | | | ○ ○ ○ ○ | |
| 8 | | | | | ○ ○ ○ ○ | |
| 9 | | | | | ○ ○ ○ ○ | |
| 10 | | | | | ○ ○ ○ ○ | |
| 11 | | | | | ○ ○ ○ ○ | |
| 12 | | | | | ○ ○ ○ ○ | |
| 13 | | | | | ○ ○ ○ ○ | |
| 14 | | | | | ○ ○ ○ ○ | |

*Tip: fill this in within an hour of waking, while the night is still fresh in your mind.*



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# Sleep Log

Nights 15 to 31 - plus your patterns summary.

1 **Rough** 2 **Restless** 3 **Okay** 4 **Deep & rested**

*Fill the dot that matches your night.*

| Day | Date | To bed | Wake up | Hours slept | Quality | Notes |
|---|---|---|---|---|---|---|
| 15 | | | | | ○ ○ ○ ○ | |
| 16 | | | | | ○ ○ ○ ○ | |
| 17 | | | | | ○ ○ ○ ○ | |
| 18 | | | | | ○ ○ ○ ○ | |
| 19 | | | | | ○ ○ ○ ○ | |
| 20 | | | | | ○ ○ ○ ○ | |
| 21 | | | | | ○ ○ ○ ○ | |
| 22 | | | | | ○ ○ ○ ○ | |
| 23 | | | | | ○ ○ ○ ○ | |
| 24 | | | | | ○ ○ ○ ○ | |
| 25 | | | | | ○ ○ ○ ○ | |
| 26 | | | | | ○ ○ ○ ○ | |
| 27 | | | | | ○ ○ ○ ○ | |
| 28 | | | | | ○ ○ ○ ○ | |
| 29 | | | | | ○ ○ ○ ○ | |
| 30 | | | | | ○ ○ ○ ○ | |
| 31 | | | | | ○ ○ ○ ○ | |

## My sleep patterns

**My average sleep:** _____

**I sleep best when...** _____

**I sleep worst when...** _____



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# Sleep Log

Weeks 1 and 2 - nights 1 to 14.

1 **Rough** 2 **Restless** 3 **Okay** 4 **Deep & rested**

*Fill the dot that matches your night.*

| Day | Date | To bed | Wake up | Hours slept | Quality | Notes |
|---|---|---|---|---|---|---|
| 1 | | | | | ○ ○ ○ ○ | |
| 2 | | | | | ○ ○ ○ ○ | |
| 3 | | | | | ○ ○ ○ ○ | |
| 4 | | | | | ○ ○ ○ ○ | |
| 5 | | | | | ○ ○ ○ ○ | |
| 6 | | | | | ○ ○ ○ ○ | |
| 7 | | | | | ○ ○ ○ ○ | |
| 8 | | | | | ○ ○ ○ ○ | |
| 9 | | | | | ○ ○ ○ ○ | |
| 10 | | | | | ○ ○ ○ ○ | |
| 11 | | | | | ○ ○ ○ ○ | |
| 12 | | | | | ○ ○ ○ ○ | |
| 13 | | | | | ○ ○ ○ ○ | |
| 14 | | | | | ○ ○ ○ ○ | |

*Tip: fill this in within an hour of waking, while the night is still fresh in your mind.*



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# Keep Going, Gently

Small steps every day.

## Enjoying your Sleep Log?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Weekly Planner Pack
- Daily Planner Pack
- Budget Tracker Pack
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.



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