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.

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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