

Time & Sleep Management Chart

You need 8-9 hours sleep a night, when you drop below that you start to create a sleep deficit

You need an hour of pre-sleep prep time, completing some activities and excluding others.

What's your weekly sleep pattern?

Complete it on the chart for your own benefit:

Date

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Other comments
Time started sleep prep								
Time went sleep								
Number of times awake in the night								
Length of time awake								
Time awake in the morning								
Total hours sleep								
Feeling in the morning (wake refreshed, tired, drained etc)								

Number sleep hours this week out of potential 56 to 63 sleep (8 or 9 Hours per night x7)	Total hours =	Sleep Deficit 56 minus total hours = Or 63 minus total hours =
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