

Noticing My Daily Sleep Pattern

Sleep stress and daily rhythms | Adults | 10 to 15 minutes

Observe sleep and daytime context without turning the night into a performance test.

Use this page to notice one day and night. Rough estimates are enough; you do not need to watch the clock or use a device. Looking for patterns can help you describe concerns and choose a manageable change with your clinician.

Record what is useful

Estimate when you tried to sleep, when you got up, and how rested or sleepy you felt the next day. Include naps, shift work, caregiving interruptions, pain, stress, caffeine, alcohol, or medications if relevant. Describe what happened without judging the night as a success or failure.

Look beyond habits

Sleep can be affected by health conditions, work, housing, safety, and responsibilities. Identify what is within your influence and what needs support or medical discussion. If sleep problems persist, affect daytime functioning, or include breathing concerns, share the pattern with a healthcare professional.

Date, approximate sleep attempt time, and getting up time

What I remember about the night and how I felt during the day

Relevant routines, substances, symptoms, or interruptions

A pattern or question I want to discuss is