



# Sleep Hygiene *Tracker*

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★ Sleep struggles are not random, they are signals.

If your mind won't slow down, your body won't settle, or your nights feel restless, no matter how tired you are... something is getting in the way.

This tool will help you identify what may be quietly working against your rest so you can begin making changes that support your body.

## Start Here

1. Use this tracker daily for 2 weeks
2. Rate your sleep each night from 1 to 5.
3. Each night, review the obstacles and mark "Y" (Yes) or "N" (No).
4. At the end of the week, circle or highlight anything that shows up 3 or more times this week.
5. Use the reflection page to record sleep routine and progress.

## Your Weekly Tracker

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Felt physically comfortable before and during sleep (no aches or discomfort)							
Avoided spicy foods, caffeine, or nicotine products 4 hours before bed							
Went to bed at a consistent, reasonable time							
Controlled racing thoughts or "hamster-wheel" thinking							
Avoid or resolved conflicts before bedtime							
Removed distractions (phone, TV, pets, people)							
Used a sleep aid (if applicable) and found it effective (magnesium, medication)							
Used other aids (e.g., white noise, relaxation exercises, stretching)							
Rate your sleep quality 1: Poor   2: Low   3: Okay   4: Good   5: Great							



# Resful Reflections



## What do you notice?

- Highlight anything that shows up 3 or more times this week.
- Repeated 'N' points to areas disrupting your sleep.
- Low sleep scores show nights your body didn't fully recover

What consistently disrupts my sleep?

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What seems to help my body rest more easily?

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What is one small change I can make this week?

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## When to seek support

If you've used this tool consistently for 7-14 days and you are noticing:

- Little to no improvement in your sleep
- Ongoing racing thoughts at night
- Persistent exhaustion during the day
- Patterns you don't know how to change

**It may be time for additional support.**

## Your Next Steps

At Branches of Hope, we help individuals:

- Understand what's actually disrupting their sleep
- Build realistic, personalized routines
- Address the mental and emotional patterns behind sleep struggles

**Book a consultation with our therapist to get structured support**

*Disclaimer: This tool is for informational purposes only and is not a diagnostic resource. If you continue to struggle with sleep, consult a qualified healthcare professional. Improving sleep habits can support both your mental and physical well-being.*

