# Nyte™

| SLEEP TRACKER | DAYS OF THE WEEK | | | | | | |
|---|---|---|---|---|---|---|---|
| Date | | | | | | | |
| I went to bed at: _____ | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M |
| I fell asleep at: _____ | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M |
| I slept _____ hours: | | | | | | | |
| I woke up at: _____ | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M |
| I snoozed an alarm _____ times | | | | | | | |
| I got out of the bed at _____ | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M | __:__ _M |
| I woke up _____ times last night | | | | | | | |
| Amount of time awake after first falling asleep | | | | | | | |
| I took _____ naps yesterday. | | | | | | | |
| Sleep Quality: 1. Very poor 2. Poor 3. OK 4. Good 5. Very good | | | | | | | |
| Sleep Quantity: 1. Very inadequate 2. Inadequate 3. About right 4. Too much | | | | | | | |
| Energy Level Morning: 1. Very low 2. Low 3. Average 4. High 5. Very high | | | | | | | |
| Energy Level After Lunch: | | | | | | | |
| Energy Level Evening: | | | | | | | |

Legend:
I went to bed at - the time you turned off your lights
I fell asleep at - an approximate time when you think you fell asleep
I woke up at - the time you woke up for the day
I snoozed an alarm X times - the total amount of alarm snoozes
I slept X hours - total time slept from the time you turned the lights off to the time you woke up for the day

I got out of the bed at X - the time you got up from your bed for the day
I woke up X times last night - number of awakenings throughout the night
Amount of time awake - the approximate length of your first awakening
I took X naps yesterday - the number of naps you took in one day

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