

# 2-Week Sleep Diary

Track the inputs that move your sleep, one row a day for two weeks. Patterns show up faster on paper than in memory.

Name: \_\_\_\_\_ Week starting: \_\_\_\_\_ Quality scale: 1 is very poor to 5 is excellent

Day	Date	Bed-time	Fall-asleep (min)	Wake-ups (#)	Up for day	Total sleep (hrs)	Quality (1-5)	Caffeine after 2pm	Nap (min)	Notes (pillow · room temp · screens)
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										

**How to use it.** Fill it in within a few minutes of waking, while last night is fresh. After two weeks, look for the habits that line up with your best- and worst-rated nights.

Calibrate the inputs

Dial in the physical setup with the [Pillow Loft Calculator](#) and [Firmness Quiz](#), then watch your quality scores over the next two weeks.

This is a self-tracking tool, not medical advice. If sleep problems persist, bring this log to a doctor or a sleep specialist.