

Sleep & Fatigue Tracker

How to Use This Tracker

Use this tracker to log your sleep patterns, fatigue levels, and energy changes throughout the day. Identifying trends can help you make adjustments and improve rest and recovery.

Daily Sleep Log

Date: _____

Bedtime: _____

Wake Time: _____

Total Hours Slept: _____

Sleep Quality (1-10): _____

Sleep Disruptions (Pain, Anxiety, Nightmares, Waking Up, etc.):

Daily Energy & Fatigue Log

Morning Energy Level (1-10): _____

Afternoon Energy Level (1-10): _____

Evening Energy Level (1-10): _____

Fatigue Triggers (Pain, Stress, Activity, Weather, Diet, etc.):
