SLEEP HYGIENE & REM CYCLE RESTFULNESS LOG

90-MINUTE CYCLES & CIRCADIAN ENTRAINMENT

MONTH: _____ 20____ **TARGET: 7.5h (5 Cycles) / 9.0h (6 Cycles)** **BEDTIME: ____:____ PM** **WAKE: ____:____ AM**

THE 90-MINUTE SLEEP LAW: Human sleep cycles occur in 90-min waves. Waking at the end of a cycle eliminates grogginess.

DAY	BEDTIME	WAKE	TOTAL	CYCLES	QUALITY	WAKINGS
01	____:____	____:____	____h	___/5	(1-5)	_____
02	____:____	____:____	____h	___/5	(1-5)	_____
03	____:____	____:____	____h	___/5	(1-5)	_____
04	____:____	____:____	____h	___/5	(1-5)	_____
05	____:____	____:____	____h	___/5	(1-5)	_____
06	____:____	____:____	____h	___/5	(1-5)	_____
07	____:____	____:____	____h	___/5	(1-5)	_____
08	____:____	____:____	____h	___/5	(1-5)	_____
09	____:____	____:____	____h	___/5	(1-5)	_____
10	____:____	____:____	____h	___/5	(1-5)	_____
11	____:____	____:____	____h	___/5	(1-5)	_____
12	____:____	____:____	____h	___/5	(1-5)	_____
13	____:____	____:____	____h	___/5	(1-5)	_____
14	____:____	____:____	____h	___/5	(1-5)	_____
15	____:____	____:____	____h	___/5	(1-5)	_____
16	____:____	____:____	____h	___/5	(1-5)	_____

DAY	BEDTIME	WAKE	TOTAL	CYCLES	QUALITY	WAKINGS
17	____:____	____:____	____h	___/5	(1-5)	_____
18	____:____	____:____	____h	___/5	(1-5)	_____
19	____:____	____:____	____h	___/5	(1-5)	_____
20	____:____	____:____	____h	___/5	(1-5)	_____
21	____:____	____:____	____h	___/5	(1-5)	_____
22	____:____	____:____	____h	___/5	(1-5)	_____
23	____:____	____:____	____h	___/5	(1-5)	_____
24	____:____	____:____	____h	___/5	(1-5)	_____
25	____:____	____:____	____h	___/5	(1-5)	_____
26	____:____	____:____	____h	___/5	(1-5)	_____
27	____:____	____:____	____h	___/5	(1-5)	_____
28	____:____	____:____	____h	___/5	(1-5)	_____
29	____:____	____:____	____h	___/5	(1-5)	_____
30	____:____	____:____	____h	___/5	(1-5)	_____
31	____:____	____:____	____h	___/5	(1-5)	_____

MONTHLY SLEEP SPRINT COMPLETE

OPTIMAL SLEEP HYGIENE PROTOCOL (CIRCADIAN ANCHORS):

[ ] No caffeine past 1:00 PM | [ ] Cool bedroom (65-68 F) | [ ] Pitch black darkness (eye mask/blackout curtains)

[ ] Zero screen blue light 60 min before bed | [ ] Magnesium Glycinate / Chamomile tea | [ ] Consistent wake time

Monthly Sleep Efficiency: Average Hours: _____ HRS | Average Cycles: _____ | Best Rest Factors: _____