

Sleep Optimization Form

	15 Minutes After Waking	6:00am to 8:00am	8:00am to 10:00am	10:00am to Noon	Noon to 2:00pm	2:00pm to 4:00pm	4:00pm to 6:00pm	6:00pm to 8:00pm	8:00pm to 10:00pm	10:00pm to Midnight	TOTAL
SAMPLE											
DAY X	2	4	5	4	3	3	2	4	5	2	34
DAY X	1	4	5	5	4	2	3	4	5	3	36
DAY X	2	5	4	5	4	3	2	4	4	2	35
DAY X	2	4	5	4	3	3	2	4	5	2	34
AVERAGE											34.75
TEST: 8.5 Hours											
DAY 1											
DAY 2											
DAY 3											
DAY 4											
AVERAGE											
TEST: 8 Hours											
DAY 5											
DAY 6											
DAY 7											
DAY 8											
AVERAGE											
TEST: 7.5 Hours											
DAY 9											
DAY 10											
DAY 11											
DAY 12											
AVERAGE											
TEST: 7 Hours											
DAY 13											
DAY 14											
DAY 15											
DAY 16											

Scoring Key (1 to 5)

5 = Feeling Energized and Alert

1 = Feeling Tired and Sluggish