Sleep tracker

Colour the hours you slept, from bedtime to waking, then the stars for how rested you feel.

	6 pm										6 am	
	6	7	8	9	10	11	12	1	2	3	4	5
Night of_____												
Night of_____												
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Plan your week in the Corenk app
https://corenk.app/get?src=pdf-sleep

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Night of_____													☆☆☆☆☆

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How to use it

1. Print the page on A4 or Letter. It has fourteen nights, so it lasts two weeks.
2. Each morning, write the date on the night's line.
3. Colour the hours you slept, from the hour you fell asleep to the hour you woke.
4. Colour one to five stars for how rested you feel. After two weeks, look for the nights that felt best.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

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