

# Sleep Tracker

*Track, understand, and honor your rest*

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*"Rest is not a luxury — it's the foundation of everything."*

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**Your Name:**

**Month / Year:**

**Tracking Week #:**

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Sleep is one of the most powerful, natural ways you can support your overall wellness — and yet it's often the first thing to be overlooked. This tracker is designed to help you tune in to your sleep patterns with curiosity rather than judgment, noticing what lifts your rest and what pulls it down. As you fill these pages, you're not just collecting data — you're developing a deeper relationship with your own body's rhythm. Think of this as your personal sleep practice: gentle, intentional, and entirely yours.

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## **How to Use This Tracker**

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Consistency is the key to uncovering meaningful patterns. Here's how to get the most from your Zenova Sleep Tracker:

- **Fill in the Nightly Sleep Log each morning.** Morning is the best time to log the previous night's data — your recall is freshest, and it only takes a minute or two. Keep this tracker on your nightstand or in a spot you'll see when you wake up.
- **Be honest, not perfect.** There are no "right" answers here. If you stayed up late or had a rough night, log it as-is. Accurate data — even imperfect nights — is far more valuable than a pretty record.
- **Use the quality ratings intuitively.** A "10" for quality means you woke feeling genuinely restored. A "1" means the opposite. Trust your gut — you don't need to overthink the numbers.
- **Complete the Evening Routine Tracker each night before bed** (or the next morning if you forget). Simple yes/no responses keep it quick and low-pressure.
- **Spend 5–10 minutes on the Weekly Reflection** at the end of each 7-day cycle. This is where the real insights live — patterns you might not notice day-to-day often become clear when you step back and look at the full week.
- **Use the Notes & Reflections pages freely.** Your sleep story is unique. Jot down anything that feels relevant — stress, travel, new supplements, life changes. Context transforms data into wisdom.

#### **Zenova Tip — The Morning Ritual**

Try pairing your morning log entry with a quiet moment: a cup of herbal tea, a few slow breaths, or a short body scan. This gentle practice of checking in with yourself can set a calm, intentional tone for the rest of your day.

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## Nightly Sleep Log

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Complete each row the morning after. Use the Quality Rating (1–10) to reflect how rested you felt overall, and the Morning Freshness (1–5) to capture how you felt stepping into your day.

Day / Date	Bedtime	Time to Fall Asleep (est.)	Wake Time	Total Hours	Times Woken	Quality Rating (1–10)	Dreams? Y/N	Morning Freshness (1–5)
Day 1 / —								
Day 2 / —								
Day 3 / —								
Day 4 / —								
Day 5 / —								
Day 6 / —								
Day 7 / —								

*Quality Rating Guide: 1–3 = Poorly rested | 4–6 = Moderately rested | 7–9 = Well rested  
| 10 = Fully restored    Morning Freshness: 1 = Groggy | 3 = Okay | 5 = Energized*

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## Pre-Sleep Evening Routine Tracker

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Use this weekly grid to log your evening habits. A simple Y (yes) or N (no) is all you need. Over time, patterns will emerge — and you may begin to notice which evening choices most meaningfully support your rest.

Day	Screens Off 1hr Before Bed	No Caffeine After 2pm	No Alcohol	No Vigorous Exercise Within 3hrs	Wind-Down Routine Done	Room Temp Comfortable	Supplement Taken	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

*Y = Yes | N = No | Use the Notes column for anything unusual — stress, travel, new habits, or other factors that may have influenced your evening.*

## Sleep Environment Audit

Complete this one-time assessment to understand your current sleep space. Your environment may support — or quietly work against — your ability to rest deeply. Revisit this section anytime you make changes to your sleep setup.

### Room Darkness

Dark — minimal light intrusion    Some light — streetlights or devices visible    Too bright — significantly impacts sleep

Notes: \_\_\_\_\_

### Noise Level

Silent    White noise / fan / ambient sound    Disruptive — intermittent or loud noise

Notes: \_\_\_\_\_

### Temperature

Cool and comfortable (65–68°F / 18–20°C)    Comfortable — slightly warm but manageable    Too warm — disrupts sleep

Notes: \_\_\_\_\_

### Mattress & Pillow Comfort

Rate from 1 (very uncomfortable) to 5 (extremely comfortable):    1    2    3    4    5

Notes: \_\_\_\_\_

### Other Environment Factors

(Pets in room, partner's schedule, air quality, scent, bedding material, etc.)

\_\_\_\_\_  
\_\_\_\_\_

#### 🌟 Zenova Tip — Optimizing Your Sleep Space

Your environment is one of the most impactful — and most adjustable — elements of your sleep practice. Even small shifts can meaningfully support your rest. Consider blackout curtains or a sleep mask to deepen darkness, keeping your room between 65–68°F (18–20°C), and limiting blue light from screens 1–2 hours before bed. A consistent, calm sleep space sends a powerful signal to your nervous system that it's time to unwind.

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## ✨ Weekly Sleep Quality Deep Dive

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Set aside 5–10 minutes at the end of your tracking week to reflect. This is where your data becomes wisdom. Answer each prompt honestly — there are no wrong answers, only insights waiting to be discovered.

Week of: \_\_\_\_\_ to \_\_\_\_\_

🌙 **What supported my best sleep this week?**

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✨ **What disrupted my sleep the most?**

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**Average bedtime this week:**

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**Average wake time this week:**

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**Average total sleep this week:**

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🌙 **Patterns I noticed in my sleep this week:**

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✨ **One small change I'd like to try next week to better honor my rest:**

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✨ **A Gentle Reminder**

Progress in your sleep practice rarely looks like a straight line upward. Some weeks will feel harder than others. What matters most is that you keep showing up — with curiosity, compassion, and a willingness to tune in. Every entry you make is an act of care for yourself.

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## 🌙 **Weekly Sleep Score Visualization**

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Shade or mark your nightly quality score (1–10) in the grid below to visualize your full week at a glance. Starting from the bottom row, fill in the cell for each night's score. A completed column shows your quality level for that night — patterns across the week often become immediately visible.

*Instructions: For each day, shade every cell from the bottom up to your score level. Leave cells above your score empty.*

Score	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10							
9							
8							

Score	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7							
6							
5							
4							
3							
2							
1							
Date	—	—	—	—	—	—	—

*Shading key: 1–3 = Lightly rest-challenged | 4–6 = Moderately rested | 7–10 = Well to fully restored*

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## ✨ Monthly Sleep Overview

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At the end of each tracking week, transfer your weekly summary here. Over the course of a month, this table becomes a powerful snapshot of your evolving sleep practice — showing you where you've grown and where there's still room to tend to your rest.

Week	Avg Bedtime	Avg Wake Time	Avg Hours	Avg Quality (1–10)	Best Night (Day & Score)	Challenge Night (Day & Score)	Key Takeaway
Week 1							
Week 2							
Week 3							
Week 4							

## Monthly Reflection

🌙 What was my biggest sleep win this month?

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✨ What one practice most consistently supported my sleep?

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🌙 My intention for next month's sleep practice:

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## ✨ Sleep Support Toolkit

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This toolkit is a curated collection of Zenova Wellness-aligned strategies designed to help you build a sleep practice that feels sustainable and supportive. These are gentle suggestions — not prescriptions. Explore, experiment, and notice what resonates with your body and your life.

### 🌙 Evening Rituals

- **Create a consistent wind-down window.** Aim to begin relaxing at least 60–90 minutes before your intended bedtime. Your nervous system responds beautifully to predictable cues that rest is approaching.
- **Try a warm bath or shower.** A rise and subsequent drop in body temperature may help signal to your body that it's time to sleep. Even 10 minutes can make a meaningful difference.

- **Dim your lights after sunset.** Gradually lowering light levels in your home in the evening may help support your body's natural melatonin rhythm.
- **Engage in a calming sensory ritual.** This might be herbal tea, light stretching, journaling, or a few pages of a physical book. The specific activity matters less than its consistency.
- **Set a gentle "screens off" intention.** Placing your phone face-down or in another room 30–60 minutes before sleep removes one of the most common obstacles to winding down.

### 🌙 **Environment**

- **Keep your room cool.** A room temperature between 65–68°F (18–20°C) is widely considered a supportive range for restful sleep. Lightweight, breathable bedding can help you regulate throughout the night.
- **Invest in darkness.** Blackout curtains or a quality sleep mask can meaningfully support your sleep depth. Even small light sources — charging lights, streetlights through curtains — can be worth addressing.
- **Honor your nose.** Calming scents such as lavender or chamomile (diffused or in a pillow mist) are used in many wellness traditions as part of a sleep ritual. Notice what feels soothing to you.
- **Reserve your bed for sleep.** Over time, using your bed exclusively for sleep (and winding down) may help your brain associate it with rest — making it easier to drop off when you lie down.

### ✨ **Nutrition & Supplements (General Wellness Guidance)**

- **Be mindful of caffeine timing.** Caffeine has a half-life of approximately 5–7 hours in most adults. Finishing your last caffeinated drink by early-to-mid afternoon may support your ability to wind down naturally in the evening.

- **Eat your last large meal 2–3 hours before bed.** A lighter evening meal gives your digestive system time to settle before sleep. If you need a snack, small amounts of complex carbohydrates or protein are gentle choices.
- **Be aware of alcohol's impact on rest.** While alcohol may initially feel relaxing, it can disrupt sleep architecture and reduce the restorative quality of later sleep cycles. Tracking this in your evening log may reveal a personal pattern.
- **Stay well-hydrated throughout the day** — tapering off intake in the 1–2 hours before bed to minimize nighttime waking.
- **Explore wellness supplements mindfully.** Many people incorporate supplements such as magnesium glycinate, L-theanine, or herbal blends into their evening practice. Always speak with a qualified healthcare professional before adding any supplement to your routine.

### **Mindset & Inner Practice**

- **Release the pressure to sleep perfectly.** Anxiety about sleep is one of the most common barriers to rest. Approaching your sleep practice with curiosity and compassion — rather than expectation — can itself create a gentler pathway to rest.
- **Try a body scan or progressive relaxation.** Lying in bed and slowly bringing awareness to each part of your body — from toes to crown — can interrupt a busy mind and invite physical release.
- **Use slow, intentional breathing.** Extended exhales (breathing in for 4 counts, out for 6–8) may help activate your parasympathetic nervous system and signal that safety and rest are available.
- **Keep a worry or "to-do" journal.** Writing out tomorrow's concerns or tasks before bed allows your mind to externalize and release what it might otherwise spin on during the night.

- **Practice self-compassion on difficult nights.** When sleep is hard, your body is still resting. Simply lying still in a dark, quiet space has value. Return to your practice the next evening without self-judgment.

### ✨ **Movement & Timing**

- **Move your body regularly — the timing matters.** Regular physical activity may support sleep quality over time. However, vigorous exercise close to bedtime can raise cortisol and core body temperature, which may make it harder to fall asleep for some people.
- **Aim to finish vigorous exercise at least 3 hours before bed.** If evenings are your only window to move, gentle yoga, walking, or stretching are all supportive alternatives that tend to work well closer to sleep.
- **Morning light exposure can anchor your rhythm.** Getting natural light within the first hour of waking — even 10–15 minutes outside — may help reinforce your body's internal clock, making it easier to feel sleepy at a consistent bedtime.
- **Consider gentle evening movement.** A short, slow walk after dinner or a 10-minute gentle yoga sequence can serve as both a digestive support and a transitional cue that the active part of your day is drawing to a close.

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## 🌙 **Notes & Reflections — Page One**

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Use these pages freely. Jot down dreams, patterns, life events, questions, intentions, moments of insight, or anything else that feels connected to your rest and your practice. There is no right way to use this space — it is entirely yours.

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 **Notes & Reflections — Page Two**

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Continue here — or use this page for a new week, a new intention, or a fresh reflection.

Your sleep practice grows with you.

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**Important Notice:**

This tracker is for personal wellness tracking purposes only and does not constitute medical advice. The information, prompts, and suggestions contained in this document are intended to support general self-awareness and personal wellness practice and are not designed to diagnose, treat, cure, or prevent any health condition or disease. Individual results and experiences will vary. Consult a qualified healthcare professional for any health concerns, before making significant changes to your routine, or before beginning any new supplement or wellness practice. Zenova Wellness products and materials are intended for use by healthy

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