

GOALS

RISKS

TACTICS

# Sleep Worksheet

TACTIC 01 / 05

STEP 1: ASSESS

# Sleep Worksheet

DATE

SURVEY

RESULTS

Morningness-Eveningness  
Questionnaire (MEQ)

Pittsburgh Sleep Quality  
Index (PSQI)

Insomnia Severity Index

STOP-bang Questionnaire

Epworth Sleepiness Scale

Other Sleep Data  
(Optional)

## STEP 1: ASSESS

## Sleep Worksheet

DATE

## SLEEP FACTORS

BAD

OKAY

GOOD

Timing (Chronotype)			
Temperature			
Light			
Devices			
TV			
Caffeine			
Alcohol			
Behaviors			
Supplements & Medications			
Meal timing			
Stress			

STEP 2: PLAN

# Sleep Worksheet

DATE

---

**HOW WILL I MAKE IMPROVEMENTS TO AREAS I RATED AS BAD OR OKAY?**

---

**HOW WILL I ASSESS MY PROGRESS?**

---

**HOW WILL I MEASURE THE IMPACT OF MY INTERVENTIONS?**

---

## STEP 3: TRACK

WEEK OF

## Sleep Worksheet

TODAY ☀

MON

TUES

WED

THURS

FRI

SAT

SUN

This morning I feel...							
BAD    OKAY    GOOD	<hr/>						

LAST NIGHT 🛌

Time I went to sleep							
Time I woke up							
Sleep quality notes (naps, wake ups/cause)							
Stress level LOW MED HIGH							
Bedroom temperature							
Daytime brightness YES NO							
Nighttime darkness YES NO							
Last time I used a device (relative to sleep time)							
Last time I had caffeine (relative to sleep time)							
Last time I had alcohol (relative to sleep time + qty)							
Last time I ate food (relative to sleep time)							
Sleep medications or supplements taken							
Other relevant behaviors (exercise, hot shower, etc.)							

REFLECT

# Sleep Worksheet

DATE

WHAT HAVE I FOUND TO BE MOST IMPACTFUL FOR CREATING GOOD OR BAD SLEEP OUTCOMES?

WHAT WILL I DO OVER THE NEXT 30 DAY PERIOD TO ACHIEVE BETTER OUTCOMES?

I WILL UPDATE MY RESULTS EVERY...

THE NEXT TIME I WILL UPDATE MY RESULTS IS...

## Not medical advice

The information in this digital program, including texts, graphics, images, videos, or other material, is for general informational purposes only and may not be appropriate or applicable to your individual circumstances. This program does not constitute the practice of medicine, nursing, or other professional health care services, including the giving of medical advice, and no doctor/patient relationship is formed. The use of information in this program, or materials linked to this program, is at the user's own risk. The content of this program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Users should not disregard, or delay in obtaining, medical advice for any medical condition they may have, and should seek the assistance of their healthcare professionals for any such conditions. To the extent that Early provides any explicit or implied recommendation of any particular product or service, such recommendation is only a general recommendation that is not specific to any particular person or illness.

## Non-commercial use: Intellectual Property Ownership

By using this material, you acknowledge and agree that PA IP, LLC ("PA") is, and shall remain, the sole and exclusive owner of all right, title and interest in and to this document and the related content, methodologies, data, know-how, and other materials herein (collectively, "Materials"). Subject to payment of all applicable fees, PA hereby grants a limited, revocable, non-transferable, non-sublicensable, non-exclusive, license to use the Materials for internal, non-commercial purposes. All other rights in and to the Materials are expressly reserved by PA. The Materials are the confidential information of PA. You may not disclose the Materials without PA's prior written consent. You may not display, reproduce, transmit, modify, creative derivative works, sell, or otherwise exploit the Materials; circumvent or attempt to circumvent any security measures used by PA; or remove, delete, alter, or obscure any trademark, copyright, or other intellectual property or proprietary rights notices from the Materials. You acknowledge and agree that PA owns the Materials and you will not interfere with, contest, or challenge, directly or indirectly, PA's right, title and interest in and to the Materials or any use or registration thereof. THE MATERIALS ARE PROVIDED TO YOU "AS IS" AND WITHOUT WARRANTY OF ANY KIND. IN NO EVENT WILL PA HAVE ANY LIABILITY ARISING FROM OR RELATED TO YOUR USE OF OR INABILITY TO USE THE MATERIALS. These terms are governed by and construed in accordance with the laws of the State of Texas.