Your 7-Day Sleep Journal

7 mornings. 2 minutes. 3 questions.

From Paivi Grogan, Holistic Nutrition Therapist | Sunny Grove Wellness



Yesterday
what you did

Overnight
what happened

This morning
how you feel

Each morning, fill in one column. Check what applied yesterday. Estimates are fine. Include the better nights, too.

Morning date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
1 HOW DO I FEEL THIS MORNING?							
Rested / Partly rested / Tired							
2 WHAT HAPPENED OVERNIGHT?							
Went to bed (time)							
Got up for the day (time)							
Minutes to fall asleep (estimate)							
Number of times I woke							
Total minutes awake during the night							
What I noticed: heat, bathroom, worries…							
3 WHAT DID YESTERDAY LOOK LIKE?							
Caffeine after noon	☐	☐	☐	☐	☐	☐	☐
Alcohol in the evening	☐	☐	☐	☐	☐	☐	☐
Salty dinner/snacks in the evening	☐	☐	☐	☐	☐	☐	☐
Large or spicy dinner	☐	☐	☐	☐	☐	☐	☐
Ate close to bedtime	☐	☐	☐	☐	☐	☐	☐
Little physical activity	☐	☐	☐	☐	☐	☐	☐
Little time outdoors	☐	☐	☐	☐	☐	☐	☐
Long nap or evening doze	☐	☐	☐	☐	☐	☐	☐
Felt tense or “on” much of the day	☐	☐	☐	☐	☐	☐	☐
Work, scrolling or worries in the evening	☐	☐	☐	☐	☐	☐	☐
What I did in the hour before bed:							

Put the clues together

After seven days, choose one useful next step.

Compare your better and harder nights. Does anything from the day before show up repeatedly? Choose one change to try next week and keep noting your sleep.

Possible connections

Food and drink

Common theme	→	Possibly led to	→	Something to try
☐ Caffeine after noon	→	Trouble falling asleep	→	Have caffeine (coffee, tea, chocolate) before noon or limit altogether
☐ Alcohol in the evening	→	Waking later in the night	→	Try an alcohol-free evening.
☐ Salty dinner or snacks	→	Thirst or more bathroom trips	→	Try a less salty dinner or an unsalted snack.
☐ Large or spicy dinner	→	Heartburn or discomfort in bed	→	Enjoy them earlier in the day
☐ Eating close to bedtime	→	Heartburn when lying down	→	Allow 2-3 h between dinner & sleep

Movement and routine

Common theme	→	Possibly led to	→	Something to try
☐ Little activity or time outdoors	→	Trouble settling into sleep	→	Get outside in morning daylight. Spend time outdoors. Walk after dinner is great!
☐ Long nap or evening doze	→	Less sleepy at bedtime	→	Try a shorter nap earlier in the day. Try to wake up at the same time each day, even on weekends.

Stress and evening

Common theme	→	Possibly led to	→	Something to try
☐ Feeling tense or "on" much of the day	→	Trouble switching off	→	Try a brief pause during the day: a nice walk or a few minutes to unwind.
☐ Work, scrolling or worries before bed	→	Racing thoughts in bed	→	Choose one wind-down activity: reading, gentle stretching, or writing down tomorrow's worries.

My next step

One pattern I noticed: _____

One small change I'll try: _____

No clear pattern? Keep notes for another week and see what comes up. If you prefer an individualized approach, I'm happy to help! Sign up for a consult at **https://www.sunnygrovewellness.com/work-with-me**

Worth raising with your healthcare provider: waking up gasping, a partner noticing pauses in your breathing, frequent morning headaches, or anything that worries you. Bring this notebook.