

Sleep Quality Tracker

Purpose: To monitor how your sleep is changing as you reduce caffeine.

Field	How to Fill It Out
Date	The night you're recording (e.g., "March 21 Night").
Bedtime	Time you went to bed. Be honest, even if it was late.
Wake Time	Time you woke up, even if you stayed in bed longer.
Hours Slept	Total time you were actually asleep (not just in bed).
Sleep Quality (1–10)	Rate how well-rested you feel. 1 = poor sleep, 10 = excellent.

[illegible]