Sleep Measurements | **Count**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	...

[Measures/Outcomes]

	Count	Monday 3/15/2021	Tuesday 3/16/2021	Wednesday 3/17/2021	Thursday 3/18/2021	Friday 3/19/2021
wake time	8:42 AM	9:47 AM	9:10 AM	9:50 AM	9:00 AM	11:17 AM
sleep time	1:26 AM	1:46 AM	1:24 AM	—	12:42 AM	1:48 AM
hours in bed (calculated)	8h 06m	8h 01m	7h 46m	—	9h 18m	7h 06m
hours asleep (ENTER IN FORMAT 9:00 FOR AVERAGE TO UPDATE)	7h 78H	6h 32m	6h 50m	—	7h 54m	9h 08m
subjective refreshedness on waking (0-5)	2.75	2			3.5	
interruptions		7:57 AM				10:37 AM
nap timings	0	0	0	0	0	0

[Strategies/Resolutions]
(checkbox grid across dates)

- Add website block 11:00-11:15 to brush teeth/shower
- Wear blue blocking glasses starting 9:30
- Launch a script that tells one "You might think that you'll never do the task if you don't stay up to do it. If the task really is that important, you _will_ do it later; if the task isn't, then sleep is more important"

[Obstacles/Costs]
(checkbox grid across dates)

- Doing something I told someone I'd do by today
- Initiating messages
- Replying to messages
- Website block started too late
- Not sleepy → insomnia (light set to blue setting, even blue-blocking glasses too late)
- Watched movie with people
- Help someone on HW
- Procrastinating on sleeping while sleepy

Sleep Measurements [Measure/Outcome]	Count	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	...

Sleep Measurements [Measure/Outcome] | Count | Monday 5/23/2021 | Tuesday 5/24/2021 | Wednesday 5/25/2021 | Thursday 5/26/2021 | Friday 5/27/2021 | Saturday 5/28/2021 | Sunday 5/29/2021 | Monday 5/30/2021 | Tuesday 5/31/2021 | Wednesday 6/1/2021 | Thursday 6/2/2021 | Friday 6/3/2021 | Saturday 6/4/2021 | Sunday 6/5/2021 | Monday 6/6/2021 | Tuesday 6/7/2021 | Wednesday 6/8/2021 | Thursday 6/9/2021 | Friday 6/10/2021 | Saturday 6/11/2021 | Sunday 6/12/2021 | Monday 6/13/2021 | Tuesday 6/14/2021 | Wednesday 6/15/2021 | Thursday 6/16/2021 | Friday 6/17/2021 | Saturday 6/18/2021 | Sunday 6/19/2021 | Monday 6/20/2021 | Tuesday 6/21/2021 | Wednesday 6/22/2021 | Thursday 6/23/2021 | Friday 6/24/2021 | Saturday 6/25/2021 | Sunday 6/26/2021 | Monday 6/27/2021 | Tuesday 6/28/2021 | Wednesday 6/29/2021 | Thursday 6/30/2021 | Friday 7/1/2021 | Saturday 7/2/2021 | Sunday 7/3/2021 | Monday 7/4/2021 | Tuesday 7/5/2021

sleep time	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
[Measures/Outcomes]	12/23/2020	12/24/2020	12/25/2020	12/26/2020	12/27/2020	12/28/2020	12/29/2020	12/30/2020	12/31/2020	1/1/2021	1/2/2021	1/3/2021	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021	1/9/2021	1/10/2021	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021	1/16/2021	1/17/2021	1/18/2021	1/19/2021	1/20/2021
interruptions																													
wake time																													
sleep time																													
subjective refreshedness on waking (0-5)																													
feeling on waking																													
nap timings (range																													
[Strategies/Resolutions]																													
[Obstacles/Crashes]																													

tas	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In Forge	10/11/2020	10/12/2020	10/13/2020	10/14/2020	10/15/2020	10/16/2020	10/17/2020	10/18/2020	10/19/2020	10/20/2020	10/21/2020	10/22/2020	10/23/2020	10/24/2020	10/25/2020	10/26/2020	10/27/2020	10/28/2020	10/29/2020	10/30/2020	10/31/2020	11/1/2020	11/2/2020	11/3/2020	11/4/2020	11/5/2020	11/6/2020	11/7/2020	11/8/2020
Sleep, IR, Tasks																													
[Measures/Outcomes]																													
interruptions																6													
wake time	6:27	7:53	7:31	7:46	7:58	8:21	9:29	7:36	9:10	8:48	6	6:41	8:50	7:25	7:46	5:55	9:36	7:15	9:59	7:08	8:45	7:58	8:53	7:41	7:01	8:30	7:05	7:22	8:18
sleep time	26:34:00	12:03	23:48	2:24	12:36	1:35	23:46	2:45	2:00	12	2:17	12:01	12:30	11:59	11:30	25:09:00	12	4:05	11:23	26	24:32:00	12:36	24:42:00	11:56:00	25:30:00	11:30	24:21:00	25:38:00	
subjective refreshedness on waking (0-5)	3.5	?	?	3	3	3	1	3	3	3		3			3	2	3	2	2	2	2	2	2	3	2	3	3	3	3
feeling																													
nap		14:51-18:19	none	15:00-5:30	3:19-5:10	4:55-6:30	2:32-4:27	15:50-17:20	14:19-17:10		2:13-4:45	2:01-4:07	4-4:40	no		2:36-4:04	no	?	3:32-5:10	no	3:11-5:46	3:54-5:15	3:11-4:43	add later		15:00-15:26	16:00-16:40	3:16-4:50	
before bed actions																													
weird night high								☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
[Strategies/Resolutions]																													
discord focus me block till 9 on other pc		y	y		y		y																						☐
discord focus me block till 10:30 on desktop	?	?	?	?			y																						☐
don't start anime unless you can finish it before 12		y		y	y	y																							☐
books only on screw around phone	?	?	?	?	y	y																							☐
phone blocks past 11						FALSE	FALSE																						☐
morning tea	y																												☐
afternoon tea																													☐
finish night routine by 10:30																													☐
finish night routine by 10:00 (goal)																													☐
finish nr by 11						FALSE																							
finish nr by 11:30																										☑	☐	☐	☐
[Obstacles/Crashes]												?																	
watched anime past 11 (changed to 11:30 on 31st of oct)								☑	☑	☐	☐	☑	☑	☐	☐	☑	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
didn't want to brush						x	x	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
nap went too late (if more than 8 hours from waking or past 15:30)								☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
procrastinated on sleeping while being sleepy				y	y	y		☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐
using telegram past 10:30 pm			y	y	y	y		☑	☑	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
stomach not feeling good								2	3				4	2	3	3	3	3	3	3	3	3	3	3	2	3	3	3.5	4
waiting for something to finish involving people			y	y	y			☐	☐	☐	☐	☑	☑	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
reading book	x	x	y	x	x	x		☐	☐	☐	☐	☐	☑	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
angst								☐	☐	☐	☐	☐	☑	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
talking to bros past 10:30	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐
doing tasks I could put off															☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
doing task I couldn't put off															☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
did not feel sleepy even past 10															☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
high heart rate															☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
doing IR late																					☑	☑	☐	☐	☐	☐	☑	☑	☐
played game past 10:30																					☐	☑	☑	☐	☐	☐	☐	☐	☐
started night routine late																					☐	☐	☑	☐	☐	☑	☑	☑	☐
could'nt fall asleep (sleep latency)																									☑	☑	☐	☐	☐
didn't feel sleepy																									☐	☐	☐	☐	☐