Sleep & Energy Tracker

Use this tracker to monitor your sleep quality and energy levels throughout the day. Sleep has a significant impact on overall well-being, digestion, mood, and pain perception.

Date	Bedtime	Wake Time	Total Sleep (hrs)	Sleep Quality (1–5)	Woke During Night? (Y/N)	AM Energy (1–5)	Midday Energy (1–5)

Tips:

- Fill this out each morning for best accuracy.
- Track if your energy fluctuates or dips in the afternoon.
- Note anything that helped or hurt your sleep (screen time, late meals, stress).