VITALS VAULT

FREE GUIDE

The sleep detective sheet

Eight statements about your nights, a one-week log, and what to raise with a clinician. Tick the column that fits most weeks.

HOW MY SLEEP RUNS

Statement	Mostly	Sometimes	Rarely
I fall asleep within about 20 minutes			
I sleep through, or fall back asleep easily			
I feel alert during the day			
My last caffeine is well before bedtime			
I keep screens out of bed			
My hours in bed are close to my hours asleep			
My weekend schedule matches my weekdays			
My bedroom is dark, quiet and cool			

ONE-WEEK LOG

Day	Bedtime	Wake time	Woke in the night?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

WORTH RAISING WITH A CLINICIAN

- [ ] Loud snoring or pauses in breathing
- [ ] Restless legs at night
- [ ] Medicines or supplements that could affect sleep

Sources: Our own checklist. Twenty minutes to fall asleep is a common clinical benchmark.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com