THE SLEEP SOUNDLY SCORECARD™

Name: _____

Date: _____

SLEEP SOUNDLY

OPTIMAL HEALTH AND PERFORMANCE STARTS WITH SLEEP

In today's world, sleep is one of the areas of health that is often sacrificed. But it is the foundation of a healthy, happy, high performance life. If you can learn to sleep properly, other aspects of your health and performance will fall into place.

GET A BASELINE

People often don't realize how much their sleep is being compromised, so it's good to get a baseline of normal sleeping habits. Even if it looks like you're getting the proper amount of sleep, the quality of your sleep might not be as good as it could be.

THE SLEEP SOUNDLY SCORECARD

This tool is meant to give you a baseline of your sleeping patterns, including how long you're sleeping, if your bedtime is consistent, your ability to recover during sleep, and how rested you feel.

HOW TO USE THIS TOOL

Use this tool for one week to track sleeping habits. This will give you a good idea of how much sleep you normally get and if you go to bed and wake up around the same time every day.

At the end of the week, you might start to see some patterns regarding your sleep habits and your rest and recovery.

STEPS

Log your sleep patterns

In the table on the back side of this sheet record:

Your bedtime and wake up

Your total sleep time (in hours)
Note: write down the time you were actually asleep, as opposed to the time you were lying in bed.

Your resting heart rate (beats per minute)
To do this, take your pulse for 60 seconds first thing in the morning. Make sure you do this as soon as you wake up and while still lying in bed.

How tired you feel 30 minutes after waking up
Not tired at all, somewhat tired, moderately tired, very tired

The quality of your sleep (rate on a scale between 1-10)
How long were you asleep? Did you fall asleep right away or were you lying in bed for a while? Did you sleep through most of the night or did you wake up a lot and couldn't fall back asleep?

Post-assessment

Look back at your week and ask yourself a few questions:

Did you go to bed and wake up around the same time every day?

How much sleep did you get on average?

Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?

	Bedtime	Wake Time	Total Sleep Time (hours)	Resting Heart Rate (60 sec HR on waking up)	How tired were you 30 minutes after waking up? (not tired at all, somewhat tired, moderately tired, very tired)	Rate Your Sleep 1 = very bad 10 = very good
SUN	11:00pm	6:00am	5	68	very tired	4
MON	10:00pm	6:00am	6.5	65	moderately tired	5
TUES	10:00pm	6:00am	7	65	somewhat tired	6
WED	10:00pm	6:00am	7.5	60	somewhat tired	8
THURS	10:00pm	6:00am	7.5	55	not tired at all	9
FRI	12:00am	9:00am	7.5	63	somewhat tired	6
SAT	1:00am	10:00am	8	63	moderately tired	6

POST-ASSESSMENT

Did you go to bed and wake up around the same time every day?

On weekdays, bed and wake time was consistent, but I stayed up later on Friday and Saturday. This caused me to not be able to go to sleep at a good time on Sunday night, and I was playing catch up all week.
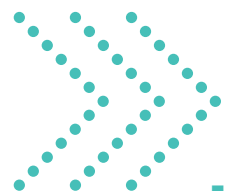
Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?

Later in the week, when I had gotten a few consistent good nights sleep in a row, I felt more rested and had a lower resting heart rate. On the weekend, when my bedtime and wake time was later, I didn't get the same sleep quality even though I was getting the recommended hours of sleep. Sunday night was particularly bad as I wasn't able to fall asleep and therefore set myself up for a bad start to the week. I was the most tired on Monday morning and had a high resting heart rate.

How much sleep did you get on average?

7 hours, but there was a big range (5-8 hours).

Any other comments, thoughts for moving forward?

Consistency is my main issue. Need to work on making my bedtime and wake time more consistent on the weekend.

LOG YOUR SLEEP PATTERNS

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How much sleep did you get on average?

Any other comments, thoughts for moving forward?

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