Sleep Tracking Log

Notice the night · record the day · include the caregiver's rest

A caregiver log for sleep timing, night waking, daytime sleepiness and the effect of overnight care on the household.

Usual routine · tracking dates · what to record

A useful sleep record is an honest estimate—not a perfect measurement.

Note sleep timing, waking, naps and daytime sleepiness. The care team may also want medicine, caffeine or alcohol timing. Mark estimates and distinguish what was observed from what the person reported. [1]

THIS LOG IS FOR (NAME)

PRIMARY CAREGIVER

TRACKING DATES

CLINICIAN / PHONE

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1 START WITH THE USUAL ROUTINE

USUAL BEDTIME / RISING TIME

USUAL NAPS / OVERNIGHT HELP

MAIN SLEEP CONCERN / WHAT CHANGED

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2 RECORD THE CARE TEAM'S TRACKING REQUEST

HOW MANY DAYS / WHICH DETAILS THE TEAM WANTS

CURRENT SLEEP PLAN / LOCATION

WHEN TO CALL / CONTACT

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- [ ] Complete the night record after waking, using your best estimates. [1]
- [ ] Include the caregiver's sleep disruption without guessing unobserved events.

This log does not diagnose a sleep disorder or recommend a sleep medicine.

Night record · timing · awakenings

3 RECORD ONE NIGHT PER ROW [1]

Use the date of the morning you woke up. Record approximate times; "unknown" is better than a guessed certainty.

MORNING DATE	BEDTIME / TIME TO FALL ASLEEP	AWAKENINGS / TIME AWAKE	FINAL WAKE / OUT OF BED	SLEEP QUALITY / HELP NEEDED

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MORNING DATE	BEDTIME / TIME TO FALL ASLEEP	AWAKENINGS / TIME AWAKE	FINAL WAKE / OUT OF BED	SLEEP QUALITY / HELP NEEDED

SNORING, UNUSUAL BREATHING OR OTHER OBSERVATIONS TO REPORT

Report concerns to the care team rather than treating a quiet night or a diary entry as proof of normal sleep.

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Daytime context · caregiver rest · next steps

4 ADD DAYTIME CONTEXT AND CAREGIVER IMPACT [1]

DATE / NAPS / SLEEPINESS	MEDICINE / CAFFEINE / OTHER CONTEXT	CAREGIVER REST / NIGHT HELP

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5 MAKE THE NEXT CONVERSATION EASIER

PATTERN / QUESTION TO BRING TO THE CARE TEAM

NEXT CONTACT / DATE

ADVICE / WRITTEN PLAN LOCATION

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Do not add or change sleep medicines based on this log. Seek guidance about new concerns, and call 911 for a life-threatening emergency. [3]

Sources informing this resource · Original worksheet prompts by TCC

[1] NHLBI — Sleep Diary

[2] National Institute on Aging — How To Prepare for a Doctor's Appointment

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

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