# Sleep Habit Tracker Printable

Preview: file inventory and watermarked sample pages. Not the full product.

## Files in the download

**Sleep-Habit-Tracker-US-Letter.pdf**
Print-ready US Letter PDF, 4 pages.

**Sleep-Habit-Tracker-A4.pdf**
Print-ready A4 PDF, 4 pages, same layout re-flowed for A4.

**Sleep-Habit-Tracker-Sample-Preview.png**
Sample page rendered at 300 dpi (2550 x 3300 px).

**PRINTING.txt**
Print settings, tips and license summary.

# Monthly sleep log

Hours example: in bed 10:45 pm, up 6:30 am = 7 h 45 min

**Month** _____ **Sleep goal (hours)** _____

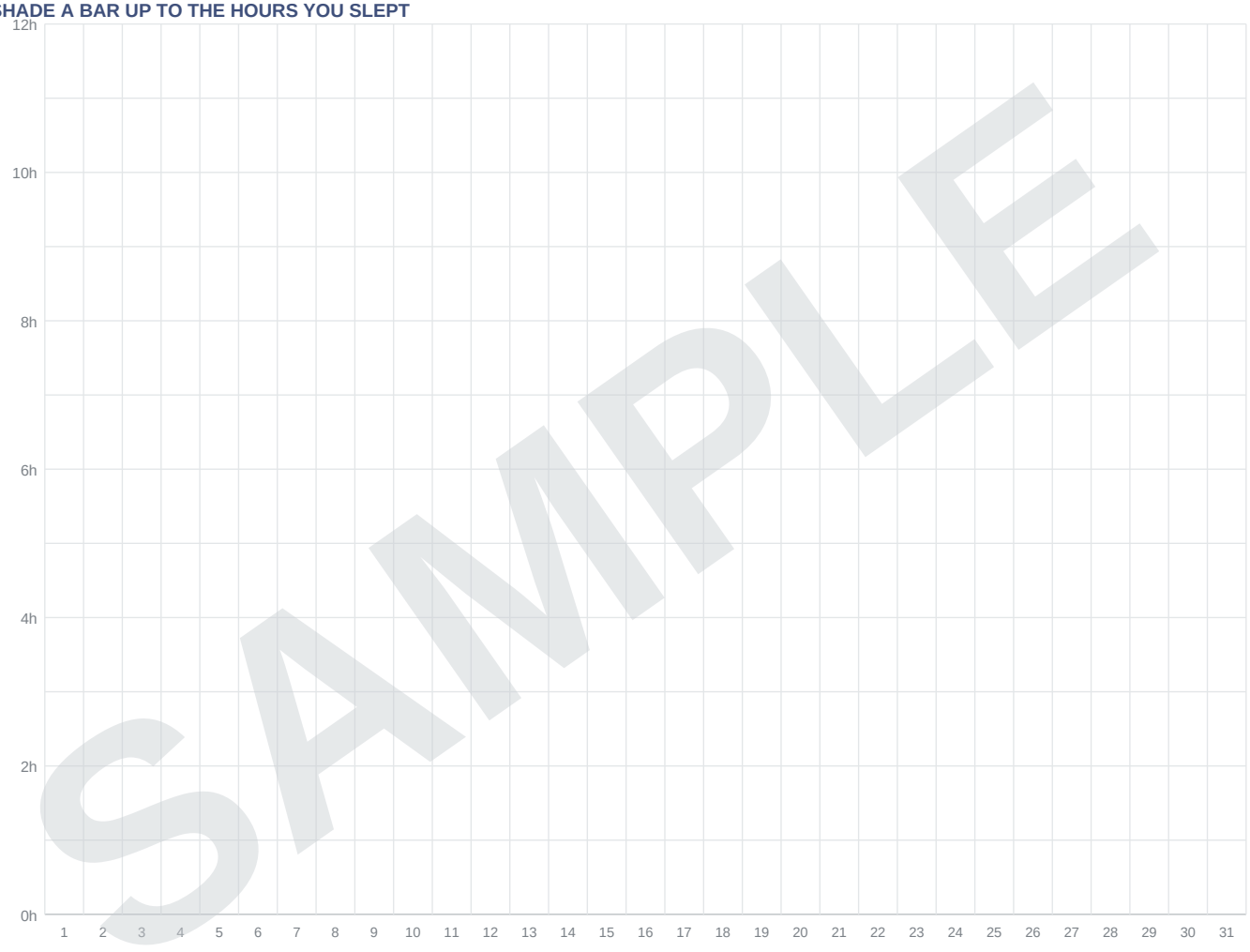
| DAY | BEDTIME | WAKE | HOURS | QUALITY 1-5 | CAFFEINE LA... | SCREENS IN ... | NOTES |
|---|---|---|---|---|---|---|---|
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| 31 | | | | | | | |

SAMPLE

# Sleep hours chart

**Month** _____

**SHADE A BAR UP TO THE HOURS YOU SLEPT**




SAMPLE

**SHADE YOUR SLEEP QUALITY (1-5)**

