pensio

Sleep Tracker

2 min

Log your bedtime, wake time, and sleep quality daily — track hours slept and identify what helps you sleep better.

SECTION 1

Date

SECTION 2

Bedtime

Went to bed:

Fell asleep (approx):

SECTION 3

Wake Up

Woke up:

Got out of bed:

SECTION 4

Sleep Quality (1–5)

= Terrible · 2 = Poor · 3 = Fair · 4 = Good · 5 = Excellent

Rating:

Hours slept:

SECTION 5

What affected my sleep?

SECTION 6

Notes

Generated with Pensio
pensio.app