

Sports Performance Sleep Log

2 weeks

Start date:

Finish date:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bed time														
Wake Time														
Total Length														
Nap length														
*Quality of sleep														
**Sports Perform														

Total sleep time: don't include naps in this figure

***Quality of sleep:** 0 = very poor, 1 = poor, 2 = average, 3 = restful, 4 = very restful

****Sports perform:** your assessment of your sports performance that day. Specifically record your focus and energy levels.

- 0 = very poor, could not focus
- 1 = poor focus and concentration
- 2 = average focus and concentration
- 3 = good focus and concentration

2 week Summary

Start:

Finish:

Your sleep	Your time	Targets
Avg sleep length/night		8-10 hrs
Avg time to bed		10-11pm
Avg wake time		7-8am
Avg sport perform		2-3
Avg quality of sleep		3-4

My goals for next 2 weeks:

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