7-Day Sleep Tracker

A gentle weekly check-in for ADHD

Notice patterns. Celebrate small steps. No perfect week required.

WEEK OF _____ MY SLEEP ANCHOR _____

ONE ENVIRONMENT CHANGE _____

DAY	ANCHOR DONE?	BEDTIME (optional)	WAKE TIME (optional)	ENERGY 1-5 (optional)
MON	☐			○ ○ ○ ○ ○
TUE	☐			○ ○ ○ ○ ○
WED	☐			○ ○ ○ ○ ○
THU	☐			○ ○ ○ ○ ○
FRI	☐			○ ○ ○ ○ ○
SAT	☐			○ ○ ○ ○ ○
SUN	☐			○ ○ ○ ○ ○

What did I notice this week?

One thing that helped me wind down or feel more rested:

_____

_____

A gentle reminder

Missed a day? Start again tonight. This is information, not a scorecard.

** Approximate times are fine. Leave any field blank if tracking feels stressful.*

Educational, not medical advice.