

7-Day Sleep & Study Tracker

Log your bedtime, wake time, and next-day focus for one week to see the real connection between sleep and how your study sessions go.

Day / Date	Bedtime	Wake Time	Hours Slept	Screen Cutoff	Next-Day Focus (1-5)	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

How to use this: fill in one row each morning. At the end of the week, look for the pattern — most students see their best focus ratings follow the nights with 8+ hours of sleep and an earlier screen cutoff.