

Circadian Rhythm Journal

Nigh-Asleep Average Super-Awake
 1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Day One_____	Day Two_____	Day Three_____	Day Four_____
Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10
Your Dream _____ _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____ _____
Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10
2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10
4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10
6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10
8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10
Pre-Bedtime Activity _____ _____ _____	Pre-Bedtime Activity _____ _____ _____	Pre-Bedtime Activity _____ _____ _____	Pre-Bedtime Activity _____ _____ _____
Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____
Time Asleep_____	Time Asleep_____	Time Asleep_____	Time Asleep_____

Day Five_____	Day Six_____	Day Seven_____	Day Eight_____
Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10	Time Awake_____ 1-2-3-4-5-6-7-8-9-10
Your Dream _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____	Your Dream _____ _____ _____ _____ _____ _____ _____
Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10	Noon 1-2-3-4-5-6-7-8-9-10
2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10	2:00pm 1-2-3-4-5-6-7-8-9-10
4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10	4:00pm 1-2-3-4-5-6-7-8-9-10
6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10	6:00pm 1-2-3-4-5-6-7-8-9-10
8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10	8:00pm 1-2-3-4-5-6-7-8-9-10
Pre-Bedtime Activity _____ _____ _____ _____	Pre-Bedtime Activity _____ _____ _____ _____	Pre-Bedtime Activity _____ _____ _____ _____	Pre-Bedtime Activity _____ _____ _____ _____
Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____	Caffeine Intake mg _____ Time _____ mg _____ Time _____ mg _____ Time _____
Time Asleep_____	Time Asleep_____	Time Asleep_____	Time Asleep_____

Reflection Questions:

- 1–How could your bedtime routine be altered to make your sleep time more efficient?
- 2–What are some of the contributing factors to your daily highs and lows?
- 3– What are your dreams trying to say? Are there any patterns?
- 4–What time of the day are you most alert and what do you do to take advantage of that time?