

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Sleep Journal

The opening pages and the first three nights, exactly as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with any PDF markup app.

Do the opening page before the first log. It takes five minutes, and the logs mean very little without it.

If the three nights work for you, the full journal carries on from exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/sleep/

How This Journal Works

You cannot try harder at sleeping. Effort is the one thing that reliably makes it worse, which is why advice to relax tends to arrive as one more instruction to fail at. So this journal does not ask you to relax. It asks you to measure.

For thirty nights you record six plain numbers each morning, and the page turns them into one: your sleep efficiency, the share of the time you spent in bed that you were actually asleep. That single number is what sleep clinics use to decide what to change, and it is the number this journal moves. Most people who sleep badly are not short of time in bed. They are spending too long in it awake, and the extra hours weaken the link between the bed and sleeping (Bootzin, 1972; Spielman, Saskin & Thorpy, 1987).

THE SIX PARTS

The Sleep Contract	a signed page fixing your wake time and your first sleep window, and naming what poor sleep has been costing you.
30 Night Logs	three minutes each morning: times in and out of bed, how long you took to fall asleep, how long you were awake, your sleep efficiency, and how rested you felt from 1 to 5.
4 Weekly Checkpoints	on Nights 7, 14, 21 and 28: average your efficiency, then adjust your sleep window by the rule on the reference page.
The Curve	one page where you plot all thirty nights and see the line move.
The Verdict	on Night 30 you read the record back and state, in one line, what it proves.
Two reference pages	how to set and adjust your sleep window, and exactly what to do when you are awake at three in the morning.

THE ONE NUMBER THAT MATTERS

Sleep efficiency = $\text{time asleep} \div \text{time in bed} \times 100$. Eight hours in bed with six of them asleep is 75 per cent, and it feels exactly as bad as it sounds. Above 85 per cent is the target; above 90 per cent means you have room to spend longer in bed. The page does the arithmetic for you, and thirty of these numbers in your own handwriting will tell you more than any app, because you will also have written down what you did that day.

Undated, so a missed morning costs nothing — skip the page and take the next one. If you snore heavily, stop breathing in the night, or fall asleep during the day without meaning to, see a doctor: this journal is not a substitute for that.

Talk to a doctor before using the sleep-window method if you have bipolar disorder, epilepsy or seizures, are pregnant, or work night shifts: less sleep can make these worse.

"Sleep that knits up the ravell'd sleeve of care."

— William Shakespeare, *Macbeth* (1606)

The Sleep Contract

Fill this in before the first log. It is the page you will read back on Night 30.

WHAT POOR SLEEP HAS BEEN COSTING ME (work, mood, patience, health, the people around me)

WHAT I HAVE ALREADY TRIED, AND WHAT IT DID

MY STARTING SLEEP WINDOW

Pick the wake time you can keep seven days a week, weekends included. Then count back the hours you have actually been sleeping lately — not the hours you wish for — and never set a window shorter than five and a half hours. This is the window you keep until the first checkpoint.

WAKE TIME

EARLIEST I MAY GO TO BED

HOURS

THE RULE FOR THE NEXT 30 NIGHTS

I get up at my wake time every day, whatever the night was like. I do not go to bed before my earliest bedtime, however tired I am. If I am awake in bed and it has stopped being restful, I get up. I write the numbers down in the morning, before I decide how I feel about them.

THE ONE THING I WILL CHANGE TONIGHT (last coffee earlier, phone out of the room, a fixed wind-down)

SIGNED

DATE

"O sleep, O gentle sleep, Nature's soft nurse, how have I frighted thee?"

— William Shakespeare, Henry IV, Part 2 (1600)

Night 01

DATE _____

LIGHTS OUT

OUT OF BED

TIME IN BED

hrs : min

MINUTES TO FALL ASLEEP

TIMES I WOKE IN THE NIGHT

MINUTES AWAKE IN THE NIGHT

AWAKE AFTER MY LAST WAKE-UP

Total of the two: the time you were in bed and not asleep. Estimate it; do not get up to check a clock.

THE TWO NUMBERS

TIME ASLEEP

time in bed - (minutes to fall asleep + minutes awake in the night + awake after last wake-up)

SLEEP EFFICIENCY

time asleep ÷ time in bed × 100

%

YESTERDAY

Last caffeine _____ Alcohol Y / N Nap _____ min Exercise Y / N Screen in bed Y / N

Wind-down started _____ Got out of bed in the night Y / N Wound-up at lights out 1 2 3 4 5

RESTED SCORE

☐☐☐☐☐

- 1 Wrecked — barely slept, dreading tonight
 2 Poor — broken sleep, running on fumes
 3 Patchy — got through the day, no reserve
 4 Decent — woke close to ready
 5 Rested — woke before the alarm and stayed awake easily

WHAT KEPT ME UP, OR WHAT HELPED

TONIGHT I CHANGE ONE THING

"Tired Nature's sweet restorer, balmy sleep!"

— Edward Young, Night Thoughts (1742)

Night 02

DATE _____

LIGHTS OUT

OUT OF BED

TIME IN BED

hrs : min

MINUTES TO FALL ASLEEP

TIMES I WOKE IN THE NIGHT

MINUTES AWAKE IN THE NIGHT

AWAKE AFTER MY LAST WAKE-UP

Total of the two: the time you were in bed and not asleep. Estimate it; do not get up to check a clock.

THE TWO NUMBERS

TIME ASLEEP

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WHAT KEPT ME UP, OR WHAT HELPED

TONIGHT I CHANGE ONE THING

"Now blessings light on him that first invented sleep! It covers a man all over, thoughts and all, like a cloak."

— Cervantes, Don Quixote, trans. Motteux (1700)

Night 03

DATE _____

LIGHTS OUT

OUT OF BED

TIME IN BED

hrs : min

MINUTES TO FALL ASLEEP

TIMES I WOKE IN THE NIGHT

MINUTES AWAKE IN THE NIGHT

AWAKE AFTER MY LAST WAKE-UP

Total of the two: the time you were in bed and not asleep. Estimate it; do not get up to check a clock.

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WHAT KEPT ME UP, OR WHAT HELPED

TONIGHT I CHANGE ONE THING

“Early to bed and early to rise, makes a man healthy, wealthy, and wise.”

— Benjamin Franklin, Poor Richard's Almanack (1735)

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THAT WAS THE FIRST THREE NIGHTS

The rest of The Sleep Journal

30 nights, four weekly checkpoints, the Curve and the Verdict.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the numbers to mean something, and that is what the checkpoints and the verdict are for.

Printable PDF, instant download

etsy.com/uk/listing/4573626120

How it works, and the method in full

thejournalfoundryco.co.uk/journals/sleep/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.