```python
from pynput import keyboard
import time
from datetime import datetime


LOG_FILE = "clean_letter_log.txt"
SESSION_TIMEOUT = 5


last_key_time = time.time()
current_line = ""


def write_log(entry):
    with open(LOG_FILE, "a") as file:
        file.write(entry)


def on_press(key):
    global last_key_time, current_line
    try:
        char = key.char.lower()
        if char.isalpha():
            current_time = time.time()
            time_diff = current_time - last_key_time
            last_key_time = current_time
            if time_diff > SESSION_TIMEOUT:
                if current_line.strip():
                    write_log(current_line + "\n")
                    current_line = ""
                write_log("\n[Session started at " + datetime.now().strftime('%H:%M:%S') +
"]\n")
```

```python
            current_line += char
            print(char, end="", flush=True)
    except AttributeError:
        pass


def on_release(key):
    global current_line
    if key == keyboard.Key.esc:
        if current_line.strip():
            write_log(current_line + "\n")
        write_log("\n[Session ended at " + datetime.now().strftime('%H:%M:%S') + "]\n\n")
        print("\nLogging ended. Check '" + LOG_FILE + "'")
        return False


print("Letter Logger started. Press ESC to stop.\n")
write_log("\n[Logging session started at " + datetime.now().strftime('%H:%M:%S') + "]\n")


with keyboard.Listener(on_press=on_press, on_release=on_release) as listener:
    listener.join()
```