

Sleep & Blood Sugar Connection Tracker

30-Day Journal to Understand How Sleep Affects Your Diabetes

Welcome

Did you know? Poor sleep can raise your blood sugar by up to 23% — even if you eat perfectly!

This 30-day tracker helps you discover the hidden connection between your sleep and blood sugar levels. By tracking both together, you'll uncover patterns that your doctor might never see in a routine checkup.

What You'll Discover:

- How many hours of sleep YOUR body needs for stable blood sugar
 - Which sleep habits spike your morning readings
 - The connection between sleep quality and daytime cravings
 - Patterns that help you make smarter lifestyle choices
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How to Use This Tracker

Daily Tracking (2 Minutes)

Every Morning:

1. Record your fasting blood sugar
2. Rate your sleep quality (1-5 scale)
3. Note total sleep hours
4. Check if you woke up at night

Every Evening:

1. Note your pre-dinner blood sugar (optional)
2. Record your energy level today
3. Write one observation

Weekly Review (5 Minutes)

At the end of each week:

1. Calculate your average sleep hours
 2. Calculate your average fasting blood sugar
 3. Look for patterns and note insights
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The Science: Why Sleep Matters for Blood Sugar

What Happens When You Don't Sleep Well

Sleep Problem	Blood Sugar Impact
Less than 6 hours	Insulin resistance increases 40%
Broken sleep (waking 3+ times)	Morning glucose spikes 8-15%

Sleep Problem	Blood Sugar Impact
Poor sleep quality	Cortisol rises → glucose rises
Late bedtime (after 11 PM)	Dawn phenomenon worsens

The Ideal Sleep for Diabetics



Target: 7-8 hours of uninterrupted sleep, bedtime before 10:30 PM

Research shows diabetics who sleep 7-8 hours have:

- 15% better HbA1c levels
- Fewer sugar cravings during the day
- More stable post-meal readings
- Better medication effectiveness

Sleep Quality Rating Guide

Use this scale for consistent tracking:

Rating	Quality	Signs
★★★★★ (5)	Excellent	Woke refreshed, no night wakings, fell asleep easily
★★★★ (4)	Good	Minor disturbance, woke once, mostly rested
★★★ (3)	Average	Woke 2-3 times, some tiredness, took time to fall asleep

Rating	Quality	Signs
★★ (2)	Poor	Restless night, woke often, groggy morning
★ (1)	Very Poor	Barely slept, exhausted, can't function

Week 1: Establishing Your Baseline

Day 1

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 2

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 3

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____

Metric	Your Entry
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 4

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 5

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 6

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____

Metric	Your Entry
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 7

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Week 1 Summary

Metric	Average
Average sleep hours	_____
Average sleep quality	_____
Average fasting sugar	_____ mg/dL
Pattern observed	_____

Week 2: Finding Patterns

Day 8

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL

Metric	Your Entry
Energy level (1-5)	_____
Notes	_____

Day 9

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 10

Metric	Your Entry
Date	_____

Metric	Your Entry
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 11

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____

Metric	Your Entry
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 12

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 13

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 14

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____

Metric	Your Entry
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Week 2 Summary

Metric	Average
Average sleep hours	_____
Average sleep quality	_____
Average fasting sugar	_____ mg/dL
Pattern observed	_____

Week 3: Making Connections

Day 15

Metric	Your Entry
Date	_____

Metric	Your Entry
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 16

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____

Metric	Your Entry
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 17

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 18

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 19

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____

Metric	Your Entry
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 20

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 21

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Week 3 Summary

Metric	Average
Average sleep hours	_____
Average sleep quality	_____
Average fasting sugar	_____ mg/dL
Pattern observed	_____

Week 4: Optimizing Your Sleep

Day 22

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 23

Metric	Your Entry
Date	_____
Bedtime	_____

Metric	Your Entry
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 24

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL

Metric	Your Entry
Energy level (1-5)	_____
Notes	_____

Day 25

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 26

Metric	Your Entry
Date	_____

Metric	Your Entry
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 27

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____

Metric	Your Entry
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 28

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 29

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Day 30

Metric	Your Entry
Date	_____
Bedtime	_____
Wake time	_____
Total sleep hours	_____
Sleep quality (1-5)	_____

Metric	Your Entry
Night wakings (#)	_____
Fasting blood sugar	_____ mg/dL
Energy level (1-5)	_____
Notes	_____

Week 4 Summary

Metric	Average
Average sleep hours	_____
Average sleep quality	_____
Average fasting sugar	_____ mg/dL
Pattern observed	_____

30-Day Summary & Insights

Your Personal Sleep-Sugar Profile

Week	Avg Sleep Hours	Avg Sleep Quality	Avg Fasting Sugar
Week 1	_____	_____	_____ mg/dL

Week	Avg Sleep Hours	Avg Sleep Quality	Avg Fasting Sugar
Week 2	_____	_____	_____ mg/dL
Week 3	_____	_____	_____ mg/dL
Week 4	_____	_____	_____ mg/dL
30-Day Average	_____	_____	_____ mg/dL

Key Discoveries

My optimal sleep duration: _____ hours

My best bedtime: _____

When I sleep poorly, my blood sugar: _____

My top 3 sleep disruptors:

1. _____

2. _____

3. _____

Changes I'll make:

1. _____

2. _____

3. _____

Sleep Tips for Better Blood Sugar

Evening Routine (2-3 hours before bed)



The Golden Rules: - No heavy meals after 8 PM - No screens 1 hour before bed - Keep room temperature 18-22°C (65-72°F) - Dim lights after sunset

Foods That Help Sleep & Blood Sugar

Good Choices	Why It Works
Chamomile tea	Reduces anxiety, no sugar impact
Handful of almonds	Magnesium promotes sleep
Small portion of dal	Tryptophan for melatonin
Warm haldi doodh (turmeric milk)	Anti-inflammatory, promotes sleep
Methi water (soaked overnight)	Stabilizes blood sugar

Foods to Avoid Before Bed

Avoid	Why
Chai/Coffee after 4 PM	Caffeine disrupts sleep for 6+ hours
White rice at dinner	Spikes blood sugar at night
Sugary desserts	Causes energy crash, then spike

Avoid	Why
Alcohol	Disrupts deep sleep, raises glucose
Spicy food	Causes acid reflux, disturbs sleep

Sleep Supplements for Diabetics



Always consult your doctor before starting any supplement!

Supplement	Benefit	Caution
Magnesium glycinate	Improves sleep quality	Check kidney function
Ashwagandha	Reduces cortisol	May interact with thyroid meds
Melatonin (low dose)	Resets sleep cycle	Start with 0.5mg

When to See Your Doctor

Share this tracker with your doctor if you notice:

- Fasting sugar consistently above 130 mg/dL despite good sleep
- Sleep quality doesn't improve after 2 weeks of good habits
- You stop breathing during sleep (partner notices)
- Frequent urination waking you at night (more than 2x)
- Unexplained fatigue even with 7-8 hours sleep



Ask about: Sleep apnea screening — it affects 50% of diabetics and makes blood

sugar MUCH harder to control!

Resources

Learn More About Diabetes & Sleep

YouTube: [Health Gheware](#)

- Weekly videos on diabetes management the Indian way

Blog: [health.gheware.com/blog](#)

- In-depth articles on blood sugar control

Website: [health.gheware.com](#)

- Free tools and trackers for diabetes management

Medical Disclaimer

⚠ **Important Notice**

This tracker is for **educational purposes only** and does not constitute medical advice.

- Do NOT change your medications based on this tracker
- Always consult your doctor or diabetes educator before making changes
- Individual results vary — what works for others may not work for you
- This tracker supplements, but does not replace, professional medical care

If you experience severe symptoms (blood sugar above 300, below 70, or feeling unwell), contact your healthcare provider immediately.

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