



Sleep & Night Sweat Log

Track Your Rest. Understand Your Patterns.

A 12-Week Sleep Tracking Journal
for Women Navigating Menopause

Name: _____

Start Date: _____

How to Use This Log

Why Track Your Sleep?

Sleep disruptions and night sweats are among the most common menopause symptoms. By tracking patterns over 12 weeks, you can identify triggers, measure improvement, and share meaningful data with your healthcare provider.

How to Fill Out Each Week

1. **Date:** Write the date for each day of the week.
2. **Bedtime & Wake Time:** Record when you got into bed and when you woke up for the day.
3. **Night Sweats Count:** How many times you woke due to night sweats (0 if none).
4. **Room Temp:** Note bedroom temperature or setting (e.g., 68F, "fan on").
5. **Supplements:** Any sleep aids, supplements, or medications taken before bed.
6. **Sleep Quality (1-10):** Rate your overall sleep. 1 = terrible, 10 = best sleep ever.
7. **Notes:** Anything notable: stress, caffeine, exercise, late meals, hot flashes.

Tips for Better Sleep During Menopause

- Keep your bedroom cool (60-67F)
- Use moisture-wicking sheets and sleepwear
- Avoid caffeine after 2 PM
- Limit alcohol (it triggers night sweats)
- Try a consistent bedtime routine
- Consider a fan or cooling pillow
- Exercise regularly but not within 3 hours of bed
- Talk to your doctor about persistent insomnia

Bring this log to appointments. 12 weeks of data gives your doctor a clear picture of your sleep health and helps guide treatment decisions.

Week 1 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 2 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 3 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 4 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 5 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 6 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 7 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 8 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 9 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 10 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 11 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

Week 12 — Sleep & Night Sweat Tracker

Week of: _____

Date	Bedtime	Wake Time	Night Sweats	Room Temp	Supplements	Quality (1-10)	Notes

Weekly Reflections

Average Sleep Quality This Week:

Total Night Sweats This Week:

Best Night — What Made It Good?

Worst Night — Possible Triggers?

12-Week Summary & Analysis

Monthly Averages

Period	Avg Sleep Quality	Avg Night Sweats/Week	Avg Bedtime	Avg Wake Time	Trend
Weeks 1-4					
Weeks 5-8					
Weeks 9-12					

Key Patterns Identified

What triggers my worst nights?

What helps me sleep best?

Supplements & Strategies That Worked

List what made a noticeable difference:

Questions for My Healthcare Provider

Based on 12 weeks of data, I want to discuss:

Congratulations! You now have 12 weeks of valuable data. Whether your sleep improved or you need more support, this log gives you and your doctor real evidence to work with.

Sleep & Night Sweat Log — 12-Week Summary