

# Sleep Log

---

Date:

Bed time:

How long to fall asleep:

Hours asleep:

## Today's habit tracker

- |                                   |                                    |                                       |
|-----------------------------------|------------------------------------|---------------------------------------|
| <input type="radio"/> Exercise    | <input type="radio"/> Water        | <input type="radio"/> Meditation      |
| <input type="radio"/> Stretching  | <input type="radio"/> Nutrition    | <input type="radio"/> Sleep Hygiene   |
| <input type="radio"/> Leg Massage | <input type="radio"/> Supplements  | <input type="radio"/> Epsom Salt Bath |
| <input type="radio"/> Compression | <input type="radio"/> Relaxing Tea | <input type="radio"/> Other:          |

## Symptoms

- |                                 |                                       |                                |                              |
|---------------------------------|---------------------------------------|--------------------------------|------------------------------|
| <input type="radio"/> None      | <input type="radio"/> Mild            | <input type="radio"/> Moderate | <input type="radio"/> Severe |
| <input type="radio"/> Aching    | <input type="radio"/> Crawling        |                                |                              |
| <input type="radio"/> Throbbing | <input type="radio"/> Electric sparks |                                |                              |
| <input type="radio"/> Itching   | <input type="radio"/> Twitching       |                                |                              |
| <input type="radio"/> Pulling   | <input type="radio"/> Other:          |                                |                              |

## Sleep Quality

- |                            |                            |
|----------------------------|----------------------------|
| <input type="radio"/> None | <input type="radio"/> Fair |
| <input type="radio"/> Poor | <input type="radio"/> Good |

## Notes