Seven-Day Evening Training and Sleep Log

A low-pressure worksheet for testing whether exercise timing, intensity, and the post-training transition affect your sleep.

The rule: look for patterns, not perfection

Evening exercise does not automatically harm sleep. Record a week of comparable days, then change one variable only when a repeatable pattern appears. A difficult night is data, not a verdict.

SESSION	EFFORT	USEFUL RESPONSE
Easy	Walk, mobility, easy cycle	Usually keep if sleep remains stable
Moderate	Submaximal cardio or lifting	Cool down and observe the pattern
Hard	Intervals, hard lifting, competition	Add more separation if sleep repeatedly worsens
Very late	Ends close to attempted sleep	Reduce intensity or move earlier as an experiment

A calm post-training landing strip

Cool down for 5-10 minutes. Rehydrate normally. Avoid late stimulant-containing pre-workouts. Eat enough to recover without forcing a very large meal. Lower bright light when practical and allow a quiet transition rather than demanding immediate sleep.

Safety boundary

Persistent insomnia, loud snoring, gasping, unusual movements, or dangerous daytime sleepiness deserves clinical assessment. Do not drive when dangerously sleepy. Exercise timing cannot diagnose a sleep disorder.

Seven-day pattern log

Estimate honestly; do not reconstruct every minute or chase a perfect wearable score.

Day	Training end / effort	Caffeine after 2 pm	Sleep onset / wakes	Morning function
1				
2				
3				
4				
5				
6				
7				

One-variable experiment

If the hardest late sessions repeatedly precede longer sleep onset or more awakenings, try one change for the next week: finish earlier, reduce late intensity, move caffeine earlier, or add a longer cool-down. Keep the rest of the routine as stable as practical.

Weekly review

Which sessions were followed by normal sleep? Was the pattern linked to intensity, finish time, caffeine, light, or a large meal? Did morning function change in the same direction as sleep estimates? Keep what works; avoid banning useful activity without a repeatable reason.

Evidence note

Recent reviews find no clear universal morning advantage for most sleep outcomes, although vigorous exercise close to bedtime may modestly impair sleep continuity in some people. Individual response, chronotype, intensity, and proximity to sleep all matter. Sources: Souabni et al. (2026); Jones et al. (2025); Ng et al. (2026).