Seven-Night Sleep Continuity Diary

A low-pressure worksheet for noticing awakenings, possible disruptors, and morning function without turning sleep into a performance score.

Use estimates, not surveillance

Brief awakenings are normal. Record only what you reasonably remember in the morning. The goal is to identify repeatable patterns across a week, not to reconstruct every minute or achieve a perfect score.

SIGNAL	WHAT TO NOTE	WHY IT HELPS
Continuity	Approximate wakes and total awake time	Shows patterns without clock-watching
Context	Noise, light, pain, reflux, alcohol, caffeine	Links modifiable factors to nights
Symptoms	Snoring, gasping, restless legs, unusual movement	Flags reasons to seek evaluation
Daytime	Alertness, mood, concentration, sleepiness	Keeps function above tracker scores

A calm response to an awakening

Avoid checking the clock repeatedly. If comfortable and drowsy, let sleep return on its own. If alert for a while, choose a dim, quiet activity and return to bed when sleepy. Do not drive or use equipment when dangerously sleepy.

Clinical boundary

Loud snoring, breathing pauses, gasping, severe daytime sleepiness, unusual movements, or persistent insomnia with impairment deserves qualified assessment. This diary cannot diagnose sleep apnea, insomnia, or another sleep disorder.

Seven-night pattern log

Complete once each morning. Approximate honestly and leave blanks when you do not know.

Night	Bed / rise	Wakes / awake	Possible disruptors	Morning function
1				
2				
3				
4				
5				
6				
7				

Weekly review

Which nights felt most continuous? Did awakenings cluster with noise, alcohol, late caffeine, pain, reflux, temperature, stress, or irregular timing? Did estimated continuity and morning function move together? Choose one reasonable change for the next week rather than changing everything.

One-variable experiment

Examples: move caffeine earlier, reduce bedroom light or noise, review alcohol timing, stabilize wake time, or discuss persistent symptoms with a clinician. Keep the experiment small enough that you can tell what changed.

Evidence note

Experimental disruption of sleep continuity can worsen next-day vigilance, memory consolidation, anxiety, and positive affect, but not every measured function changes. Duration, timing, and continuity are related but distinct sleep dimensions. Sources: Reid et al. (2023); Van Someren et al. (2015); Medic et al. (2017).