

ADHD Sleep Tracker

Seven nights. A few numbers. Enough data to see the pattern. Fill this in for a week and you'll start to see which evenings wreck your mornings and which ones don't.

RULE 1

Anchor your wake time, not your bedtime. Pick one and keep it seven days a week.

RULE 2

Get 10+ minutes of bright light within 30 minutes of waking. This is the biggest lever.

RULE 3

No shame for broken nights. You're collecting data, not grading yourself.

DAY	TARGET BED	ACTUAL BED	SCREEN CUTOFF	SLEEP 1-5	ENERGY 1-5	NOTES
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

SCALE

1 Rough

3 Okay

5 Great

END OF WEEK

Look at your data. Which nights had the best sleep? What did you do differently that evening? One line below. Don't overthink it.