



# Your Sleep Tracker

Use this tool to help you and your healthcare provider have productive conversations about your narcolepsy and sleep patterns.

## Why Track My Sleep?

It's important that you and your healthcare provider understand your sleep pattern and the kind and quality of sleep you are getting. You can review this tracker together during your check-ins to start the conversation.

## What Do I Track?

Record when you go to bed, if or when you wake during the night, your quality of sleep, and when you wake in the morning. It may be helpful to note what happened during the day that may have affected your sleep—such as exercise or drinking caffeine—as well as things that may have happened during the night, such as an emergency that required you to wake up.

## When Do I Use My Tracker?

Try to set the goal of filling out your tracker every day. A good time to fill it out might be before taking your treatment at night and again in the morning after getting up. If you miss a day, try to pick back up the following day.

**We understand not everyone has the same daytime schedule. For the purpose of using this tracker, think of “day” as whatever window of time you choose to be awake and “night” as the time you have set aside for sleep.**



Save your completed tracker to use during discussions with your healthcare provider.

**Use the QR code to download a new tracker whenever you need it.**

## Sample entry:

Day	Friday
Date	11/1/2024
Notes about my day (eg, naps, caffeine, exercise, alerting medications)	Worked from 8 AM–4 PM Had green tea with lunch around noon Took a 30-minute nap in my car after lunch Took a 30-minute jog after work Watched TV until it was time to get ready for bed
What time I went to bed	10:30 PM
How often I woke up during the night	Once to use the bathroom
What time I woke up in the morning	7:15 AM
How I felt after waking up	Not refreshed Somewhat refreshed Refreshed Very refreshed
My quality of sleep	Very poor Poor Fair Good Very good
Notes about my sleep	I have a cold, and the sniffles made it hard to fall asleep. I don't remember waking up more than once, but I don't think my sleep was as restful as it could have been.

Date of next healthcare provider check-in: \_\_\_\_\_

Day							
Date							
Notes about my day (eg, naps, caffeine, exercise, alerting medications)							
What time I went to bed							
How often I woke up during the night							
What time I woke up in the morning							
How I felt after waking up	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed	Not refreshed Somewhat refreshed Refreshed Very refreshed
My quality of sleep	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good	Very poor Poor Fair Good Very good
Notes about my sleep							

