Sleep and caffeine log

A two-week log of when you slept and what tea, coffee, soda or other caffeine you had. This is not a medical assessment or a diagnosis.

NAME _____ DATE _____

TWO WEEKS

Day	I went to bed (time)	I woke (time)	Caffeine (what and roughly when)	How I felt, in my own words

This log is only a record of what you notice. It is not medical, sleep or mental-health advice. If you want support, start at campus health services or our page on where to go for mental health help, which links 9-8-8 and official services.