Sleep and energy log

Bedtime, wake time and energy in your own words.

NAME _____ DATE _____

Date	Bedtime	Wake time	Energy (own words)	Note

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)