

Sleep & energy dashboard

Last 7 mornings to Sat Oct 10, 2026 · goal 7.5 h

Avg sleep, last 7 nights (h)
Sleep debt, last 7 nights (h below goal)
Nights at goal, last 7
Avg bedtime, last 7
Bedtime spread, last 7 (min, latest - earliest)
Avg energy, last 7 days (1-5)
Avg sleep, all nights logged (h)
Nights logged

8.04
0.00
6 of 7
22:45
105
3.9
7.85
41

Your patterns (avg day energy, 1-5)

Days after...	Avg energy	Days
a night at your sleep goal	4.0	30
a night below your goal	1.7	11
no caffeine after the cut-off	3.9	31
caffeine after the cut-off	2.0	10
no screens in the last hour	3.9	17
screens in the last hour	3.0	24
a day with exercise	3.6	19
a day without exercise	3.3	22

Averages of your own log, not a diagnosis. General wellness information, not medical advice.

Hours slept per night



Sleep log

One row per morning, oldest first. Times as hh:mm (23:15). Quality and energy: 1 (low) to 5 (great). Y = yes.

Date (woke up)	Bedtime	Wake time	Minutes awake	Sleep quality	Energy AM	Energy PM	Caffeine (cups)	Last caffeine	Screens last hour	Exercise	Nap (min)	Notes	Hours slept	At goal	Late caffeine	(min after 6	Day energy
Mon Aug 31	22:40	06:35	0	4	4	4	3	12:30		Y	0		7.92	1	0	280	4.0
Tue Sep 1	00:10	06:55	0	4	2	1	1	16:30	Y		0		6.75	0	1	370	1.5
Wed Sep 2	23:25	06:45	30	3	2	3	1	16:30	Y		0		6.83	0	1	325	2.5
Thu Sep 3	00:00	06:45	30	2	2	3	2	16:00	Y	Y	0		6.25	0	1	360	2.5
Fri Sep 4	23:25	06:35	0	3	1	1	2	16:30	Y		0		7.17	0	1	325	1.0
Sat Sep 5	23:00	08:00	15	4	5	4	3	10:30	Y		0		8.75	1	0	300	4.5
Sun Sep 6	23:00	07:50	15	4	5	4	1	13:00	Y		0		8.58	1	0	300	4.5
Mon Sep 7	22:15	06:55	30	4	3	2	1	12:00	Y		0		8.17	1	0	255	2.5
Tue Sep 8	23:00	06:45	15	4	3	3	2	10:00	Y		0		7.50	1	0	300	3.0
Wed Sep 9	23:40	06:35	15	4	1	1	2	16:00	Y		0		6.67	0	1	340	1.0
Thu Sep 10	22:50	06:55	10	4	5	4	3	08:30	Y		0		7.92	1	0	290	4.5
Fri Sep 11	23:25	06:45	20	3	1	1	3	16:30	Y		0		7.00	0	1	325	1.0
Sat Sep 12	23:40	08:10	0	5	4	4	1	16:30	Y		20		8.50	1	1	340	4.0
Sun Sep 13	23:00	08:00	20	4	5	5	3	12:30	Y		0		8.67	1	0	300	5.0
Mon Sep 14	23:00	06:55	10	4	4	4	2	13:30	Y		0		7.75	1	0	300	4.0
Tue Sep 15	00:00	06:45	20	2	2	1	2	16:00	Y		0		6.42	0	1	360	1.5
Wed Sep 16	22:15	06:45	20	4	5	4	2	08:00	Y		0		8.17	1	0	255	4.5
Thu Sep 17	22:15	06:45	0	4	4	3	2	10:00	Y		0		8.50	1	0	255	3.5
Fri Sep 18	23:00	06:45	0	4	5	5	1	10:00	Y		0		7.75	1	0	300	5.0
Sat Sep 19	22:15	07:50	20	5	5	4	3	08:30	Y		0		9.25	1	0	255	4.5
Sun Sep 20	23:00	08:00	20	5	5	4	3	13:30	Y		0		8.67	1	0	300	4.5
Mon Sep 21	22:40	06:35	15	4	3	3	2	12:00	Y		0		7.67	1	0	280	3.0
Tue Sep 22	22:15	06:45	30	4	4	3	2	13:00	Y		0		8.00	1	0	255	3.5
Wed Sep 23	22:50	06:45	15	5	3	3	2	13:00	Y		0		7.67	1	0	290	3.0
Thu Sep 24	22:50	06:35	15	4	4	4	1	13:30	Y		0		7.50	1	0	290	4.0
Fri Sep 25	22:40	06:45	0	3	5	5	3	08:30	Y		0		8.08	1	0	280	5.0
Sat Sep 26	22:40	07:50	20	5	5	5	1	10:00	Y		0		8.83	1	0	280	5.0
Sun Sep 27	23:00	08:00	10	5	4	4	1	10:00	Y		0		8.83	1	0	300	4.0
Mon Sep 28	00:10	06:35	0	3	2	1	1	08:30	Y		0		6.42	0	0	370	1.5
Tue Sep 29	22:15	06:45	0	4	3	4	1	13:00	Y		0		8.50	1	0	255	3.5
Wed Sep 30	22:15	06:55	0	5	4	4	1	10:00	Y		0		8.67	1	0	255	4.0
Thu Oct 1	23:50	06:45	30	1	2	1	3	15:00	Y		0		6.42	0	1	350	1.5
Fri Oct 2	00:10	06:35	20	2	1	1	2	10:00	Y		0		6.08	0	0	370	1.0
Sat Oct 3	22:15	08:00	0	5	5	4	3	13:30	Y		0		9.75	1	0	255	4.5
Sun Oct 4	00:00	08:10	0	3	4	3	1	15:30	Y		0		8.17	1	1	360	3.5
Mon Oct 5	22:15	06:35	15	4	4	3	1	10:30	Y		0		8.08	1	0	255	3.5
Tue Oct 6	22:50	06:35	15	2	3	2	3	13:30	Y		0		7.50	1	0	290	2.5
Wed Oct 7	22:40	06:45	0	4	5	4	2	13:00	Y		0		8.08	1	0	280	4.5
Thu Oct 8	22:50	06:45	30	4	4	4	1	08:30	Y		0		7.42	0	0	290	4.0
Fri Oct 9	22:15	06:55	30	4	4	4	1	12:00	Y		0		8.17	1	0	255	4.0
Sat Oct 10	22:30	07:50	30	5	5	5	3	12:30	Y		0		8.83	1	0	270	5.0
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Week by week

Week	Starts	Nights logged	Avg hours	Nights at goal	Sleep debt (h)	Avg quality	Avg energy	Avg bedtime
1	Aug 31	7	7.46	3	0.25	3.4	2.9	23:22
2	Sep 7	7	7.78	5	0.00	4	3	23:07
3	Sep 14	7	8.07	6	0.00	4	3.9	22:49
4	Sep 21	7	8.08	7	0.00	4.3	3.9	22:42
5	Sep 28	7	7.72	4	0.00	3.3	2.8	23:16
6	Oct 5	6	8.01	5	0.00	3.8	3.9	22:33
7	Oct 12	0		0				
8	Oct 19	0		0				
9	Oct 26	0		0				
10	Nov 2	0		0				
11	Nov 9	0		0				
12	Nov 16	0		0				