

Sleep-debt 7-day log.

Fill in for one week. Hours slept = wake time – bedtime – 30 min onset. Target = 7-9h for most adults; pick the number you feel best at. Debt is cumulative — Sunday's number is the week's total deficit.

DAY	DATE	BEDTIME	WAKE	HRS SLEPT	TARGET	DAILY DEBT	RUNNING
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Week total debt →							

READING THE RESULT

0–4h total weekly debt: normal variance, no action needed.

5–10h: Add 30 min earlier to bedtime next week + cap caffeine at 1pm.

10–20h: Aggressive recovery — 1h earlier bedtime, 30-min weekend nap, no alcohol within 3h of bed.

>20h: You can't catch up in one week. Plan a 4-week deload — 30-60 min earlier bedtime nightly, minimum.

COUNTING HOURS HONESTLY

Subtract 30 min for sleep onset — even if you fall asleep fast, count from when the lights went out.

Subtract any >5-min wake in the night you remember (water, bathroom, baby).

Don't round up. 6h45 is 6.75, not 7.

Fitness tracker says 7h12 but you feel like 5h? Trust how you feel — wearables overestimate by 20-40 min on average.

Pair with the calculator: sleepyhero.com/tools/sleep-debt — gives you the cycle-aligned bedtime for

tonight given the debt you just totalled.