30-Night Bedtime Tracker

Write down when the lights actually went out. Patterns show up within a week.

Night	Planned lights-out	Actual lights-out	Woke up	Hours	Evening reset done?	What kept me up
1						
2						
3						
4						
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30						

How to use it

- Fill in one line each morning. It takes 20 seconds.
- Circle any night you were up more than 30 minutes past plan.
- After a week, look at "What kept me up". It is usually the same two things.

Sleepward, free on the App Store. Scan the code to get it.

Sleepward gives your evening a clear, guilt-free ending: a four-minute reset, your own time, then lights out.