

DEEPRIFT AUDIO - FREE TRACKER

# 14-Night Sleep *Tracker*

*Two weeks of sleep data for testing your environment, your routines, and the DeepDrift sound that fits you best.*

---

deepdriftaudio.com

## HOW TO USE THIS TRACKER

Fill it in every morning within 30 minutes of waking. Use estimates - never clock-watch in the night. Keep your wake time stable and test one sound for at least 3 nights before changing it.

- Track: date, sound, lights out, time to sleep, awakenings, time awake, final wake, and how you felt.
- After each week, estimate average sleep onset, total sleep, and sleep efficiency.
- Use the notes field for caffeine, stress, alcohol, travel, or room changes.
- An average sleep efficiency of 85%+ is the broad target - trends matter more than single nights.
- The best track is usually the one you remember least in the morning.

## Week 1

Use one sound consistently for the first 7 nights if possible.

| Date | Sound | Lights out | Mins to sleep | # of wakes | Mins awake | Final wake | Out of bed | Total sleep | SE % | Feel 1-10 |
|------|-------|------------|---------------|------------|------------|------------|------------|-------------|------|-----------|
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |

Avg time to sleep

\_\_\_\_\_  
\_\_\_\_

Avg total sleep

\_\_\_\_\_  
\_\_\_\_

Avg SE %

\_\_\_\_\_  
\_\_\_\_

Best sound / note

\_\_\_\_\_

Week 1 observations - what helped, what hurt, what changed?

---

---

---

---

## Week 2

Keep the wake time stable and carry forward the best-performing setup.

| Date | Sound | Lights out | Mins to sleep | # of wakes | Mins awake | Final wake | Out of bed | Total sleep | SE % | Feel 1-10 |
|------|-------|------------|---------------|------------|------------|------------|------------|-------------|------|-----------|
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |
|      |       |            |               |            |            |            |            |             |      |           |

Avg time to sleep

\_\_\_\_\_

Avg total sleep

\_\_\_\_\_

Avg SE %

\_\_\_\_\_

Best sound / note

\_\_\_\_\_

Week 2 observations - what became more consistent?

---

---

---

---

## Pattern Review

Use this final page after 14 nights to decide what deserves to stay in your routine.

Which sound helped you settle fastest and disappear from awareness?

---

---

---

---

What environmental or timing change had the clearest effect?

---

---

---

---

What will you keep for the next 7 nights?

---

---

---

---

### READ THE DATA CALMLY

Do not let one bad night erase a good trend. The point of tracking is pattern awareness, not pressure. Small improvements in sleep onset, wake time, or morning feel still count.