

# CBD Sleep Optimization Tracker

Track your journey to better sleep with CBD

## User Information

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

## Weekly Tracking Sheet

Week Of: \_\_\_\_\_

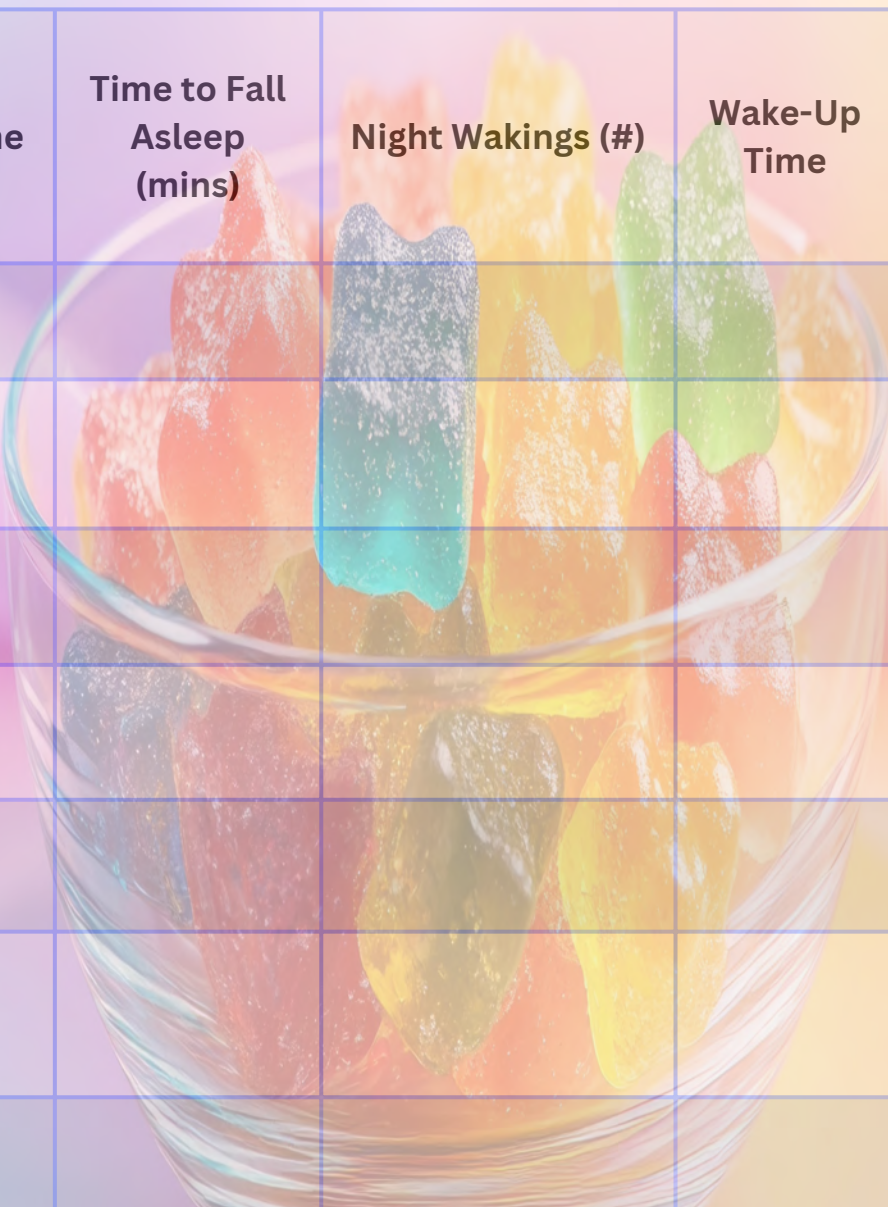
### Pre-Sleep Routine

Day	CBD Product Used	Dosage (mg)	Time Taken	Time Begun	Room Temp	Notes
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

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## Sleep Quality Metrics



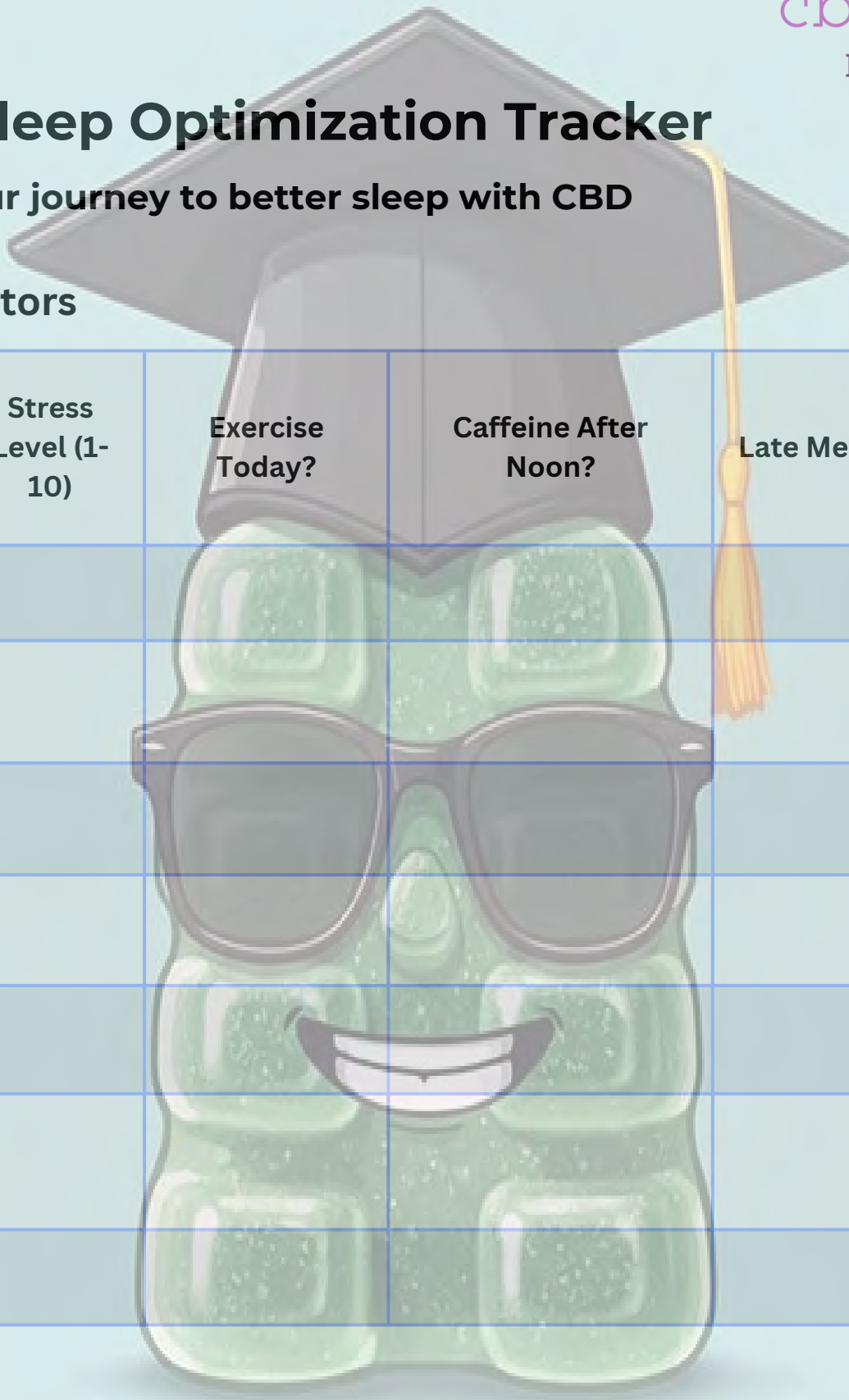
Day	Bedtime	Time to Fall Asleep (mins)	Night Wakings (#)	Wake-Up Time	Total Hours Sleep	Alert on Wake (1-10)
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

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## Daily Factors

Day	Stress Level (1-10)	Exercise Today?	Caffeine After Noon?	Late Meal?	Overall Sleep
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					



## Weekly Review

Most Effective CBD Dosage \_\_\_\_\_mg

Optimal Time to Take CBD: \_\_\_\_\_

Best Sleep Night & Why: \_\_\_\_\_

Most Challenging Night & Why: \_\_\_\_\_

### Noticed Improvements:

- Faster sleep onset
- Fewer night wakings
- Longer total sleep
- Better morning alertness
- Reduced anxiety around bedtime
- Less physical discomfort
- More consistent sleep schedule
- Better sleep quality overall

### Adjustments for Next Week:

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

Monthly Progress Summary | Month: \_\_\_\_\_

Starting Sleep Quality (1-10): \_\_\_\_\_ | Current (1-10): \_\_\_\_\_

### CBD Products Used

1. \_\_\_\_\_ Dosage: \_\_mg | Effectiveness (1-10) \_\_\_\_\_
2. \_\_\_\_\_ Dosage: \_\_mg | Effectiveness (1-10) \_\_\_\_\_

## Monthly Progress Summary con't

### Most Successful Sleep Routine Discovered

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### Factors that most impacted sleep quality

- Positive \_\_\_\_\_
- Negative \_\_\_\_\_

### Next Month's Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Note:** This tracker is designed to help you find your optimal CBD routine for sleep. Remember that consistency is key—try to maintain similar timing and doses for at least a week to accurately assess effects.

Visit [cbdeeme.com/learn](https://cbdeeme.com/learn) for more sleep optimization resources and product recommendations.