HARVEY
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Resources: Nap Reset Weekly Tracker Example

Use the worksheets on the following pages as a starting point and adapt it to suit your personal needs and routine. It's designed to help you track naps, identify patterns, and make informed adjustments. Aim to fill it out daily, then review your progress at the end of the week.

Nap Reset Weekly Tracker

Alertness and Fatigue Tracker

Rate your fatigue or alertness throughout the day. Use a scale from 1 (very fatigued) to 10 (fully alert).

Day	Morning	Midday	Late Afternoon	Evening
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Daily Nap Log

Log your naps throughout the week. Rate your energy and mood on a scale from 1 (low energy / low mood) to 10 (high energy / good mood).

Date:

Nap Taken? (Y/N):

Time to Fall Asleep (min):

Nap Duration (min):

Energy Before (1-10):

Energy After (1-10):

Mood Before (1-10):

Mood After (1-10):

Notes (e.g., noise levels, caffeine intake, stress level and sleep quality):

Weekly Review

1. Best nap of the week (day/time):
2. What helped it go well? (Quiet environment, low light, no caffeine beforehand etc.)
3. Any naps that didn't go well? Why?
4. What patterns did you notice?
5. One small change to try next week: