brightstudy

FREE RESOURCE — TEMPLATE

Sleep and Energy Log

A two-week log of sleep, energy and study quality that shows how your nights affect your work, with a page to turn the pattern into a plan.

14	3	8-10 h	1
DAYS	ENERGY CHECKS A DAY	TEEN SLEEP NEED	SLEEP WINDOW TO KEEP

SLEEP · ENERGY · CONSOLIDATION · HABITS

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Focus and wellbeing	2026, A4 PDF	brightstudy.ai/resources/sleep-and-energy-log

What is inside

Sleep is when memories from the day are consolidated. Students who cut it to make time for revision are trading the thing that makes revision work for more hours of worse revision. This log makes the trade visible: for fourteen days you record bedtime, wake time, hours slept, an energy rating at three points in the day and a quality rating for your main study session. Patterns appear quickly. The review page helps you spot them and set a realistic sleep window, and the sleep hygiene checklist covers the habits most likely to help.

SECTIONS

1. Why sleep is part of revision
2. Days 1 to 7
3. Days 8 to 14
4. Pattern review
5. Sleep hygiene and my sleep window

WHO IT IS FOR

Students in exam season, anyone studying late at night, and parents of teenagers whose sleep has drifted.

WHAT IS INCLUDED

- Why sleep matters for memory, in plain language
- Fourteen-day log: bedtime, wake time, hours, energy at three points, study quality
- Caffeine, screens and exercise columns to test what affects you
- Pattern review page with a simple scatter of sleep against study quality
- Sleep hygiene checklist and a sleep-window plan

01

Why sleep is part of revision

During sleep the brain replays and strengthens what you learned during the day, moving it from short-term storage towards long-term memory. Studies that compare people who sleep after learning with people who stay awake consistently find better recall in the sleepers, for facts, skills and problem-solving alike. Sleep loss also reduces attention and working memory the next day, so a tired student learns less per hour as well as remembering less of it.

The log is not about perfection. It is about finding your own pattern in two weeks: how many hours you need, what time of day you work best, and which habits (caffeine after 3pm, screens in bed, no exercise) are costing you. Then you change one thing and log again.

HOW TO RATE

- Energy: 1 (could sleep standing up) to 5 (sharp and ready). Rate at about 9am, 2pm and 7pm.
- Study quality: 1 to 5 for your main study session, judged by how much you got done and how well it went in, not how long you sat there.
- Caffeine: number of caffeinated drinks after 2pm.
- Screens: tick if you used a phone, tablet or laptop in bed.
- Exercise: tick for 20 minutes or more of anything that raised your heart rate.

02

Days 1 to 7

DAY	BED	WAKE	HOURS	ENERGY 9AM	ENERGY 2PM	ENERGY 7PM	STUDY QUALITY	CAFFEINE AFTER 2PM	SCREENS IN BED	EXERCISE
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

NOTES (LATE NIGHTS, EARLY STARTS, ANYTHING UNUSUAL)

03

Days 8 to 14

DAY	BED	WAKE	HOURS	ENERGY 9AM	ENERGY 2PM	ENERGY 7PM	STUDY QUALITY	CAFFEINE AFTER 2PM	SCREENS IN BED	EXERCISE
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

NOTES

04

Pattern review

Plot each day as a dot: hours slept across, study quality up. Then answer the questions.

	< 6 H	6-7 H	7-8 H	8-9 H	9+ H
Quality 5					
Quality 4					
Quality 3					
Quality 2					
Quality 1					

Below how many hours does my study quality drop?

Which time of day is my energy highest? Is my hardest study there?

On days with screens in bed, how did I sleep and feel?

Did caffeine after 2pm change my bedtime or hours?

Did exercise days feel different?

05

Sleep hygiene and my sleep window

SLEEP HYGIENE CHECKLIST

- [ ] Same bedtime and wake time every day, within 30 minutes, including weekends
- [ ] No caffeine after 2pm
- [ ] Screens out of the bedroom, or off an hour before bed
- [ ] A ten-minute wind-down: tomorrow's first task written, worries written down, lights low
- [ ] Room cool, dark and quiet; earplugs or an eye mask if needed
- [ ] Daylight and some movement in the morning
- [ ] Revision finished at least an hour before bed; last hour is reading, music or nothing
- [ ] Naps, if any, before 3pm and under 30 minutes

MY SLEEP WINDOW

	CURRENT	TARGET (FROM THE REVIEW)
Bedtime		
Wake time		
Hours		
Wind-down starts at		

The one habit I will change first:

Who I will tell so they help me keep it:

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH FOCUS AND WELLBEING

FEATURE	WHAT IT DOES	LINK
Study Calendar	Plan revision, exams, deadlines and events.	brightstudy.ai/features/study-calendar
Themes	Choose the look and atmosphere of your study space.	brightstudy.ai/features/themes
AI Tutors	Ask questions and explore difficult concepts.	brightstudy.ai/features/ai-tutors
Progress Analytics	Track your study activity and performance.	brightstudy.ai/features/progress

RELATED RESOURCES

RESOURCE	LINK
Focus Session Tracker	brightstudy.ai/resources/pomodoro-focus-tracker
Exam Stress Toolkit	brightstudy.ai/resources/exam-stress-toolkit
30-Day Study Habit Tracker	brightstudy.ai/resources/study-habit-tracker



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