

# Night Chaos Score Dashboard



Metabolic Stability



Metabolic Stability



Urge Intensity

Stimulation Load



Sleep Entry

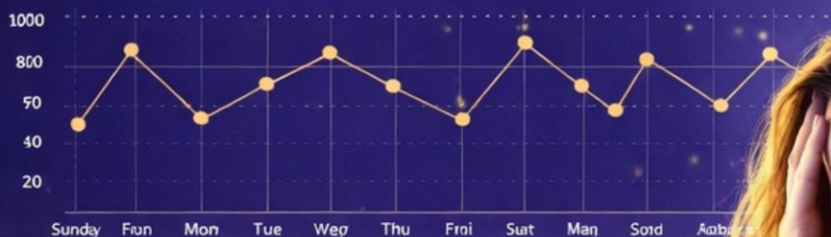


Night Continuity



62

Night Chaos Score



# Night Chaos Score Dashboard (Premium)

Perimenopause Night Freedom — Bonus Pack

Premium editorial layout • Print-friendly • Built for real nights

## What This Dashboard Does

This tracker creates proof. Not perfect nights—visible improvement. Use it to measure what matters and adjust one lever per week.

## Night Chaos Score (0–100)

Score each category 0–20. Lower means a steadier night.

- Metabolic Stability
- Urge Intensity
- Stimulation Load
- Sleep Entry
- Night Continuity

## 7-Day Score Sheet

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### Day 1

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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## Day 2

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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## Day 3

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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**Day 4**

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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**Day 5**

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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## Day 6

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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## Day 7

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total Night Chaos Score (0–100): \_\_\_\_

One-line note:

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## Weekly Trend Summary

Weekly average Night Chaos Score: \_\_\_\_\_

Top trigger this week:

\_\_\_\_\_

Biggest win this week:

\_\_\_\_\_

One variable to adjust next week:

- ☐ Dinner composition
- ☐ Dessert/alcohol risk management
- ☐ Screen boundary
- ☐ Wind-down consistency
- ☐ Bedroom seal



