

Sleep & Night Sweat Tracker Guide

Track your sleep. Spot patterns. Understand your nights.



Tracker Guide

Sleep & Night Sweat Tracker Guide

Understand your nights. Take back your mornings.

Your complete guide to using the digital tracker

WHAT'S IN THIS GUIDE

- How to log your first night
- Understanding every field
- Reading your Insights
- Exporting data for your doctor
- Backup, restore & data privacy

Welcome to Your Digital Tracker

This tracker lives in your browser — no app to download, no account to create, no subscription. Open it, log your night, close it. Your data stays on your device and only ever leaves when you choose to export it.

HOW ITWORKS

The tracker has four tabs across the top of the screen. Each one does a different job. You'll mostly live in Log Night and check in on Insights every few days. Everything else is there when you need it.

■ Log Night

Where you record each morning. Fill this in right after waking — it takes about 3 minutes.

■ History

A scrollable list of every night you've logged. Tap any entry to review it, or delete it with the X button.

■ Insights

Your patterns visualised. Unlocks after 3 nights. Shows your last 7 nights, averages, and top triggers.

■ Export

Download your data as a CSV, copy a doctor summary, or manage backups.

THE GOLDEN RULE

Log every morning, not every few days. Even if the entry is partial — just a quality score and sweat intensity — it counts. Consistency builds the picture.

Tab 1 — Log Night

Everything you need to record about last night

WHAT EACH FIELD MEANS

Date Auto-fills to today. Change it if you're logging yesterday or catching up.

Total hours slept Your best estimate is fine. Use decimals — 6.5, 7.5. Don't overthink it.

Bedtime (lights out) When you actually turned out the light, not when you got into bed.

Up for the day When you got up and started your day — not your first alarm.

Times you woke during the night Tap '+ Add a wake-up' for each time you woke. Log the time and a short reason — sweats, bathroom, anxiety, noise. This is one of the most valuable data points for your doctor.

Night sweat intensity Tap one button: None / Mild (damp) / Moderate (soaked) / Severe (sheet change). Be honest — this is your data.

Episodes How many times the sweats specifically woke you up. Can be different from total wake-ups.

Sleep quality (1–5) Drag the slider. 1 = terrible night, 5 = slept great. Your gut feeling is the right answer.

How rested do you feel? Separate from quality — you can sleep 8 hours and still feel unrested. Rate how you actually feel right now.

Possible triggers Tap anything that applies from last night. Nothing is selected by default. Tap again to deselect.

Other symptoms on waking What you notice when you first wake up. Tap all that apply.

What helped / Notes Free text. What reduced the sweats or helped you sleep? What do you want to remember? This goes in your doctor summary.

SAVING YOUR ENTRY

Tap 'Save this night ✓' at the bottom. You'll see a small confirmation pop up at the bottom of the screen. If you already have an entry for that date, the app will ask before overwriting it.

Tab 2 — History

Every night at a glance

History shows all your logged nights in reverse order — most recent at the top. Each entry shows the date, your sleep quality score, hours slept, sweat intensity, any wake-ups you logged with their times and reasons, your trigger chips, morning symptom chips, and your 'what helped' note.

DELETING AN ENTRY

Tap the X button on the right side of any entry. The app will ask you to confirm before deleting. Deleted entries cannot be recovered — download a backup first if you're unsure.

EDITING AN ENTRY

To edit a past entry, go back to Log Night, change the date to the date you want to edit, fill in the correct information, and tap Save. The app will ask if you want to replace the existing entry — tap confirm.

Tab 3 — Insights

Your patterns, visualised

Insights unlocks after you log at least 3 nights. The more nights you log, the more meaningful the patterns become.

WHAT YOU'LL SEE

Stat cards Five summary numbers at the top: total nights logged, average sleep quality, average hours slept, percentage of nights with sweats, and average wake-ups per night. These update every time you open the tab.

Last 7 nights strip A row of coloured circles — one for each of your last 7 nights. Darker purple means better sleep. The number inside is your quality score. Days of the week label each circle so you can spot weekend vs weekday patterns.

Most common triggers A horizontal bar chart of your most frequently logged triggers, ranked from most to least common. Each bar shows how many nights that trigger appeared. This is the section to screenshot for your doctor.

READING YOUR TRIGGER CHART

A trigger appearing frequently doesn't prove it caused your night sweats — but it's a conversation worth having. If alcohol appears on your 5 worst nights and not your 5 best ones, that's a pattern worth noting. Bring the screenshot to your appointment.

YOUR FOUR EXPORT OPTIONS**Download all data as CSV**

Creates a spreadsheet file with every night you've logged. Each row is one night. Columns include: date, hours slept, bedtime, wake time, all wake-up details, sweat intensity, episodes, quality score, rested score, triggers, symptoms, what helped, and notes. Open it in Excel, Google Sheets, or Numbers. This is the most complete record of your sleep.

Copy doctor summary

Generates a clean text paragraph with your key statistics — nights tracked, date range, average quality, average hours, sweat frequency, total wake-ups, and top 3 triggers. Tap the button and it copies to your clipboard. Paste it into an email, a patient portal message, or a notes app to show at your appointment.

Download backup (JSON)

A complete backup of all your data in a format the app can restore from. Download this regularly — especially before clearing your browser history or switching devices. Store it somewhere safe: your email, cloud storage, or a folder on your computer.

Restore backup

Tap this and select a .json backup file to restore all your data. This will replace whatever is currently in the app — the app will warn you before doing so. Use this when switching devices or after an accidental data loss.

YOUR DATA — WHAT YOU SHOULD KNOW

- Your data is stored only on your device, in your browser's local storage. It never touches any server.
- Clearing your browser history or cache will delete your tracker data. Download a backup before doing so.
- The app works on any modern browser — Chrome, Safari, Firefox, Edge. It works on phones, tablets, and computers.
- Switching browsers on the same device means starting fresh — data does not transfer between browsers automatically. Export a backup first.
- If you use the tracker on your phone and also want access on your computer, export and restore a backup to move your data across.

Bringing Your Data to Your Doctor

How to turn your tracker into your strongest appointment tool

Your tracker is most powerful when you show up to an appointment with it. Here's exactly how to do that.

Before your appointment

- Open the Export tab and download your CSV — save it to your phone or email it to yourself.
- Tap 'Copy doctor summary' and paste it into your notes app so you have the key stats ready.
- Screenshot your Insights tab — the stats cards and the trigger chart.

At your appointment

- Show your doctor the Insights screenshot — the stat cards and trigger chart tell the story at a glance.
- Read out your doctor summary or show it on your phone: 'I've logged X nights. Sweats on Y% of them. Average quality Z/5.'
- If they want the full detail, offer to email the CSV file.

Language that lands

- 'I have been woken by severe night sweats on 18 of 22 nights tracked.'
- 'My average sleep quality is 2.4 out of 5 over the past month.'
- 'My trigger chart shows alcohol and stress correlate with my worst nights.'
- 'I have data going back to [date] — I can share the spreadsheet.'

Q Can I use this on my phone?

Yes. Open HerMidlifeWellnessHelp.com in your phone's browser and tap the tracker link. It works on any modern mobile browser. For easy access, tap Share → Add to Home Screen in Safari (iPhone) or the three-dot menu → Add to Home Screen in Chrome (Android).

Q Will my data disappear if I close the browser?

No — your data is saved automatically each time you tap Save. It will be there the next time you open the tracker in the same browser on the same device.

Q Can I log a night I forgot to log?

Yes. On the Log Night tab, change the date to the date you want to log and fill in what you remember. Partial entries are fine.

Q What if I have two entries for the same date?

The app will ask before overwriting. You can also delete the old entry from History first, then log a fresh one.

Q My browser history got cleared — is my data gone?

If you hadn't downloaded a backup, yes. Going forward, download a JSON backup at the end of each week. It takes 10 seconds.

Q Can I share my tracker with my doctor directly?

The tracker itself can't be shared — it's personal to your device. Use the CSV download or Doctor Summary copy to share your data.

Q Does this work offline?

Once the tracker is loaded in your browser, most features work offline. You won't need an internet connection to log, view history, or see insights.

You're tracking something important.

Every night you log is a data point. Every data point is evidence. Every piece of evidence is something you can bring to a conversation — with your doctor, your specialist, yourself. This is how you stop guessing and start knowing.

Track your nights. Know your patterns.

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