

28-Day S.I.G.N.A.L.™ Tracker

One observation per morning. One small adjustment at a time.

S.I.G.N.A.L.™ : Spot · Identify · Guide · Night Rescue · Adjust · Learn

Use this tracker alongside the Dashboard. Record what happened rather than what you think caused it. The goal is to notice repeatable patterns over 7-14 nights and test low-risk changes without changing several variables at once.

Signature™	Working pattern	First Path™
HEAT™	Warmth, flushing, sweating, temperature discomfort	Cool-Down Path™
WIRED™	Racing thoughts, planning, alertness, clock reaction	Downshift Path™
CLOCK™	Repeated wake-up timing in a similar window	Rhythm Path™
FRAGMENTED™	Multiple interruptions: bathroom, noise, room, habits	Continuity Path™
MIXED™	Top two Pattern Strength Scores™ within 10 points	Start with the dominant Path™

Pattern Strength Score™ is a self-observation score, not a validated clinical scale. It does not diagnose a condition, measure disease severity, or identify a medical cause.

Week 1 — Daily Observation

Rate the feature that best describes the night. Keep notes short and specific.

Day	Wake time	Heat 0-3	Mind 0-3	Timing 0-3	Interruptions 0-3	Return 0-3	Energy 0-3	One note / change
1								
2								
3								
4								
5								
6								
7								

Weekly pattern I noticed:	
Most useful response/path:	
One variable to test next week:	
Something I will stop over-monitoring:	

Week 2 — Daily Observation

Rate the feature that best describes the night. Keep notes short and specific.

Day	Wake time	Heat 0-3	Mind 0-3	Timing 0-3	Interruptions 0-3	Return 0-3	Energy 0-3	One note / change
8								
9								
10								
11								
12								
13								
14								

Weekly pattern I noticed:	
Most useful response/path:	
One variable to test next week:	
Something I will stop over-monitoring:	

Week 3 — Daily Observation

Rate the feature that best describes the night. Keep notes short and specific.

Day	Wake time	Heat 0-3	Mind 0-3	Timing 0-3	Interruptions 0-3	Return 0-3	Energy 0-3	One note / change
15								
16								
17								
18								
19								
20								
21								

Weekly pattern I noticed:	
Most useful response/path:	
One variable to test next week:	
Something I will stop over-monitoring:	

Week 4 — Daily Observation

Rate the feature that best describes the night. Keep notes short and specific.

Day	Wake time	Heat 0-3	Mind 0-3	Timing 0-3	Interruptions 0-3	Return 0-3	Energy 0-3	One note / change
22								
23								
24								
25								
26								
27								
28								

Weekly pattern I noticed:	
Most useful response/path:	
One variable to test next week:	
Something I will stop over-monitoring:	

28-Day Review

My strongest working pattern:	☐ HEAT™ ☐ WIRED™ ☐ CLOCK™ ☐ FRAGMENTED™ ☐ MIXED™
My most useful Path™:	
What reliably made nights easier:	
What repeatedly made nights harder:	
The one adjustment worth keeping:	
Questions I want to discuss with a clinician:	

Do not use this tracker to change prescription medication, hormone therapy, or medical treatment. Persistent or significantly impairing sleep problems, loud snoring/gasping, severe daytime sleepiness, drowsy-driving risk, chest pain, fainting, severe new night sweats, major mood changes, or other concerning symptoms warrant qualified medical evaluation.