

Clinician Conversation Summary™

A concise self-observation summary to help you describe what has been happening.

For conversation support only: This is not a medical record, diagnostic instrument, screening test, or validated clinical scale. Bring it to a qualified healthcare professional if you want help discussing persistent or concerning sleep symptoms.

Name / initials:		Date:	
Observation period: ___ / ___ / ___ to ___ / ___ / ___		Approx. nights tracked: ___	

What I have observed

Primary working pattern:	☐ HEAT™ ☐ WIRED™ ☐ CLOCK™ ☐ FRAGMENTED™ ☐ MIXED™
Usual wake-up window:	
How many nights/week:	
Typical number of awakenings:	
Typical return-to-sleep difficulty:	☐ Low ☐ Moderate ☐ High ☐ Variable
Daytime impact I notice:	

Features worth mentioning

- ☐ Warmth/flushing/night sweats
- ☐ Racing thoughts/alertness
- ☐ Repeated timing in a similar wake window
- ☐ Bathroom trips
- ☐ Loud snoring/gasping/witnessed breathing pauses
- ☐ Restless or uncomfortable legs
- ☐ Reflux/pain/other physical symptoms
- ☐ Noise/partner/pet/room interruptions
- ☐ Alcohol/caffeine/late meals/late work relationship
- ☐ Severe daytime sleepiness or drowsy-driving concern
- ☐ Major mood changes
- ☐ Medication/HRT/supplement question

Questions I want to ask

Could there be a medical, medication-related, breathing, pain, urinary, reflux, movement, or menopause-related factor worth evaluating?	
Would evidence-based CBT-I or another qualified behavioral sleep approach be appropriate for me?	
Are any of my current medications, hormones, supplements, caffeine/alcohol habits, or timing patterns relevant to review?	
Are there symptoms here that warrant testing, referral, or closer follow-up?	

Clinician notes / next steps

Seek urgent care when appropriate. Chest pain, fainting, severe breathing difficulty, acute neurologic symptoms, immediate safety concerns, or a mental health crisis should not wait for routine self-tracking. For persistent or significantly impairing sleep problems, discuss evaluation with a qualified clinician.