

Personal Sleep Playbook™

Turn your observations into a simple, repeatable plan for difficult nights.

This is your personal summary page set. Complete it after at least 7–14 nights of observation, then revise it as you learn what is useful. Keep it practical: one dominant pattern, one first response, one next-day adjustment.

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™

1. My Sleep Signature™ Snapshot

Primary working pattern	☐ HEAT™ ☐ WIRED™ ☐ CLOCK™ ☐ FRAGMENTED™
Secondary working pattern	☐ HEAT™ ☐ WIRED™ ☐ CLOCK™ ☐ FRAGMENTED™ ☐ None clear
Pattern Type	☐ Primary ☐ MIXED™
My usual wake window	_____
Pattern Strength Score™	Primary: ____ /100 Secondary: ____ /100
My clearest repeatable feature	

Pattern Strength Score™ compares your four working patterns. It is not a clinical severity score and should not be interpreted as a diagnosis.

2. My Night Rescue Plan

When I wake, I will first notice:	
My first Path™:	☐ Cool-Down™ ☐ Downshift™ ☐ Rhythm™ ☐ Continuity™
My 60-second response:	
What I will avoid doing at 3AM:	
If two patterns are close:	Start with the most obvious feature in the moment, then track the secondary pattern later.

R.E.S.T. mini-sequence

R — Release	Stop solving the night.
E — Ease	Lower stimulation rather than forcing sleep.
S — Simplify	Choose one small response.
T — Trust the process	Observe the pattern over time instead of judging one night.

3. My Next-Day Adjustment Plan

One low-risk variable I am testing:	
Why I chose it:	
What I will keep the same:	
What outcome I will observe:	
How long I will test before judging it:	___ nights

My “good enough” morning recovery plan

☐ Gentle start ☐ Hydration/food ☐ Daylight ☐ Light movement ☐ Reduce unnecessary sleep analysis ☐
Other: _____

4. What I Have Learned

The pattern I used to miss was...	
The most effective low-stimulation response has been...	
The behavior that tends to amplify my wake-up is...	
The variable that seems worth testing further is...	
The thing I no longer need to assume about every 3AM wake-up is...	
The question I want to bring to a healthcare professional is...	

This Playbook™ is an educational self-observation tool. It does not replace evaluation or treatment by a qualified healthcare professional.