

MIND • BODY • FOOD

NOTICE THE PATTERN

How Did I Sleep

Notice whether sleep changes coincide with appetite, mood or energy

Sleep and eating influence each other, but one night rarely tells the whole story. A simple morning note for one week can show whether changes tend to occur together.

Space to Breathe Therapy

Why noticing patterns can help

Sleep and eating influence each other, but one night rarely tells the whole story. A simple morning note for one week can show whether changes tend to occur together.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Complete the note in the morning for one week.
- 2 Keep the ratings quick and approximate.
- 3 Avoid analysing each day in isolation.
- 4 At the end, compare sleep with appetite, mood and energy.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Sleep 0 to 10

Energy 0 to 10

Appetite low usual or high

Mood 0 to 10

Bed and waking times

Anything that disturbed sleep

Important context

This tracker identifies associations, not proof that one factor caused another.