

The HTSYPC Sleep Tracker – Print it out and pin it on the fridge

Day of month	Shift worked	Full hours slept
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Day of month	Shift worked	Full hours slept
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
	Total hours slept	
	Average per day	

Round hours slept up or down. For example, 5 hours 27 minutes = 5 hours, 5 hours 35 minutes = 6 hours. Average = total hours of the period divided by the number of days tracked. You can share your results, if you like, to hello@howtosurviveyourpolicecareer.com and we'll compile and publish a summary of the results.