

# UPSC Sleep Secret: 7-Day Sleep Tracker & Reflection Workbook

## Welcome to Your Sleep Reset!

This 7-day workbook is designed to help you build a powerful sleep habit that can supercharge your UPSC preparation. Use this tracker to log your sleep duration, quality, and how your brain feels each day. Let's rest smart and win big!

## 7-Day Sleep Tracker

Day 1:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 2:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 3:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 4:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 5:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 6:

- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_

- Total Sleep (hrs): \_\_\_\_\_

- Quality (1-5): \_\_\_\_\_

- Morning Focus Level (1-5): \_\_\_\_\_

- Notes: \_\_\_\_\_

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Day 7:

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- Sleep Time: \_\_\_\_\_ Wake Time: \_\_\_\_\_
- Total Sleep (hrs): \_\_\_\_\_
- Quality (1-5): \_\_\_\_\_
- Morning Focus Level (1-5): \_\_\_\_\_
- Notes: \_\_\_\_\_
- \_\_\_\_\_

## Reflection Questions

- Did you notice a difference in your focus after consistent sleep?
- How did your energy and mood change from Day 1 to Day 7?
- What bedtime habits helped you sleep better?
- What distractions affected your sleep?
- Will you continue this sleep pattern going forward? Why?

## Top 5 Sleep Hygiene Tips for UPSC Aspirants

1. Maintain a consistent sleep schedule, even on weekends.
2. Avoid caffeine or heavy meals 3-4 hours before bedtime.
3. Stop using screens 1 hour before sleeping.
4. Keep your room cool, dark, and quiet.
5. Read a calming book or journal before bed.