

## BenchPicked 30-Day Sleep Log

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Cover

BenchPicked

30-Day Sleep Log

Track your grounding sheet experience with a simple daily record.

Important: This template is for personal tracking only and is not a medical assessment tool. It does not diagnose, treat, or evaluate any health condition. If you have sleep concerns, consult a qualified healthcare provider.

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How to use this resource

How to use this log

Spend about two minutes each morning filling in the previous night. There are no right or wrong answers - the goal is to notice patterns over time, not to prove or disprove a health claim.

What you are tracking

This log uses four dimensions. Each one is a personal note, not a clinical measurement.

| Dimension | What it means | How to score |

|:--|:--|:--|

| Time to sleep | Your estimate of how long it took to fall asleep after lying down. | Write a rough estimate in minutes (e.g., "15 min", "30+ min"). |

| Sleep quality | Your overall sense of how well you slept. | Score 1-10. 1 = very poor, 10 = excellent. Use your own judgment - there is no formula. |

| Morning energy | How you feel in the first 30 minutes after waking up. | Score 1-10. 1 = exhausted, 10 = fully alert. |

| Morning stiffness | Any joint or muscle stiffness you notice when you first move. | Score 1-10. 1 = significant stiffness, 10 = no stiffness at all. Skip this row if it does not apply to you. |

Notes column

Use the notes column for anything that might affect results:

- Travel, jet lag, or time-zone changes
- Unusual stress, illness, or medication changes
- Changes to bedding, room temperature, or sleep routine
- Whether the grounding product was connected or disconnected
- Anything else you want to remember

What this log does NOT do

- It does not measure clinical sleep quality (that requires polysomnography or actigraphy).
- It does not prove that a grounding product caused any change.
- Changes in scores may reflect routine adjustments, seasonal shifts, placebo effects, or other factors.

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Week 1: Days 1-7

| Day | Date | Time to Sleep | Sleep Quality (1-10) | Morning Energy (1-10) | Morning Stiffness (1-10) | Notes |

|:--:|:--:|:--:|:--:|:--:|:--:|:--:|

| 1 | \_\_/\_\_/\_\_ | | | | | |

| 2 | \_\_/\_\_/\_\_ | | | | | |

| 3 | \_\_/\_\_/\_\_ | | | | | |

| 4 | \_\_/\_\_/\_\_ | | | | | |

| 5 | \_\_/\_\_/\_\_ | | | | | |

| 6 | \_\_/\_\_/\_\_ | | | | | |

| 7 | \_\_/\_\_/\_\_ | | | | | |

| Week 1 average | | | | | |

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Week 2: Days 8-14

| Day | Date | Time to Sleep | Sleep Quality (1-10) | Morning Energy (1-10) | Morning Stiffness (1-10) | Notes |

|:--:|:--:|:~:|:~:|:~:|:~:|:~:|

| 8 | \_\_/\_\_/\_\_ | | | | | |

| 9 | \_\_/\_\_/\_\_ | | | | | |

| 10 | \_\_/\_\_/\_\_ | | | | | |

| 11 | \_\_/\_\_/\_\_ | | | | | |

| 12 | \_\_/\_\_/\_\_ | | | | | |

| 13 | \_\_/\_\_/\_\_ | | | | | |

| 14 | \_\_/\_\_/\_\_ | | | | | |

| Week 2 average | | | | | |

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Week 3: Days 15-21

| Day | Date | Time to Sleep | Sleep Quality (1-10) | Morning Energy (1-10) | Morning Stiffness (1-10) | Notes |

Day	Date	Time to Sleep	Sleep Quality (1-10)	Morning Energy (1-10)	Morning Stiffness (1-10)	Notes
15	___/___/___					
16	___/___/___					
17	___/___/___					
18	___/___/___					
19	___/___/___					
20	___/___/___					
21	___/___/___					
Week 3 average						

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Week 4: Days 22-28

| Day | Date | Time to Sleep | Sleep Quality (1-10) | Morning Energy (1-10) | Morning Stiffness (1-10) | Notes |

Day	Date	Time to Sleep	Sleep Quality (1-10)	Morning Energy (1-10)	Morning Stiffness (1-10)	Notes
22	___/___/___					
23	___/___/___					
24	___/___/___					
25	___/___/___					
26	___/___/___					
27	___/___/___					
28	___/___/___					
Week 4 average						

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Days 29-30 (Bonus)

| Day | Date | Time to Sleep | Sleep Quality (1-10) | Morning Energy (1-10) | Morning Stiffness (1-10) | Notes |

Day	Date	Time to Sleep	Sleep Quality (1-10)	Morning Energy (1-10)	Morning Stiffness (1-10)	Notes
29	___/___/___					
30	___/___/___					

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30-Day Summary

Week 1 vs Week 4 Comparison

Dimension	Week 1 Average	Week 4 Average	Change
Time to sleep			
Sleep quality			
Morning energy			
Morning stiffness			

### How to read changes

- Positive changes may reflect routine adjustments, improved sleep habits, the product, seasonal shifts, or placebo effects. A personal log cannot isolate which factor caused a change.
- No change is a normal result. Not every product or routine change produces a noticeable difference.
- Negative changes could reflect unrelated stress, illness, or environmental factors. Consider whether something changed beyond the grounding product.

### Your observations

Write a brief summary of what you noticed over 30 days. Focus on patterns, not conclusions.

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### Notices

This log is not medical advice. It is a personal tracking template provided by BenchPicked for informational purposes only. Sleep quality is influenced by many factors - bedding, environment, health, stress, medication, and more. Changes observed in a self-report log do not establish causation.

Data use. This log is for your personal use. BenchPicked does not collect, store, or access your log entries. If you choose to share your data with BenchPicked, it may be used to improve product testing methodology (never for marketing or resale).

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