

# 7-Night Sleep Pattern Worksheet

SOKKAI JOURNAL

Track your sleep alongside your cycle for one week

Fill in each night before you go to sleep or first thing in the morning. Even rough estimates are useful — the pattern matters more than precision.

| Night            | Bedtime | Wake-ups<br>(times) | Night<br>Sweats                | Cycle<br>Day | Notes |
|------------------|---------|---------------------|--------------------------------|--------------|-------|
| Night 1<br>(Mon) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 2<br>(Tue) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 3<br>(Wed) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 4<br>(Thu) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 5<br>(Fri) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 6<br>(Sat) |         |                     | <input type="checkbox"/> Y / N |              |       |
| Night 7<br>(Sun) |         |                     | <input type="checkbox"/> Y / N |              |       |

# How to Read Your Week

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What patterns to look for — and what to bring to your clinician

## What you're looking for

- Night sweats cluster — do they appear on the same days each cycle? Sweats that cluster in the week before your period (luteal phase) point to falling progesterone, not infection or menopause.
- Wake-up timing — waking between 2–4 am repeatedly is a common hormonal pattern, especially in perimenopause. Note whether it correlates with a cycle day.
- Cycle day correlation — if you track your period, add cycle days. Sleep tends to be lightest in the late luteal phase (days 22–28 of a 28-day cycle). Seeing this on paper makes the pattern undeniable.

## How to use this with your clinician

- Bring the completed worksheet. A week of data is far more useful than memory. You can say: 'I had night sweats on nights 5, 6, and 7, which were cycle days 24–26.'
- Ask about hormonal timing, not just sleep hygiene. If the pattern is cycle-linked, lifestyle tweaks alone won't resolve it.

## Track more weeks for a clearer picture

- One week is a start. Three to four weeks reveals whether the pattern repeats — and gives you something a clinician can act on. Sokkai tracks this automatically, connecting your sleep, cycle, and symptoms in one place. See how it works at [sokkai.com](https://sokkai.com).