

The daytime audit

Sleep is built across the day. The night is when it shows up.

Much of what affects how the night goes happens before the sun sets. Light, movement, recovery, and the substances we use to shape attention can all leave their signatures on the body's sleep-pressure and circadian signals. The audit makes the daytime visible. It is a description of the day, not a prescription for it.

i This is a description tool, not a checklist. The audit is for noticing what the day is doing to the night. It is not a list of things you must do, and it is not a substitute for a clinical sleep program.

FOUR DAYTIME PILLARS THE NIGHT RESPONDS TO

Light, especially morning

Light in the eyes within an hour or two of waking is a key anchor for the circadian rhythm. Outdoor light is much brighter than indoor light.

Movement, somewhere in the day

Regular movement is linked with better sleep for many people. Timing may matter less than consistency.

Recovery, woven through

Brief pauses through the day can leave less unfinished arousal at bedtime. Even a few minutes of slow breathing counts.

Stimulants and their windows

Caffeine can stay active for hours after a cup. Alcohol can speed up sleep but disturb it later.

WHAT THE DAY CAN OFFER THE NIGHT

Inputs the body uses

- Morning light, even briefly, soon after waking
- Some movement, on most days, at any intensity
- One or two recovery pauses, even a few minutes each
- An honest sense of the caffeine and alcohol windows

WHAT TENDS TO LAND HARDEST BY NIGHT

Loads the night carries

- Mid-afternoon coffee, especially after 2 PM
- Daily alcohol, even in modest amounts
- Days with no light and no movement, often paired
- A nervous system that did not pause once between waking and lying down

HOW TO USE THE AUDIT ON PAGE TWO

- 1 Fill in retrospectively**
At the end of the day, or the next morning. Best guesses are fine. The pattern across the week is what matters, not any single row.
- 2 Pair with a sleep worksheet**
The audit reads best alongside the wake-time anchor or sleep diary. The day informs the night; the night gives the audit its meaning.
- 3 Read across, then down**
Read each row, then each column. Which daytime patterns sit alongside the worse nights? Any change comes after the week.

CHOOSING YOUR AUDIT WEEK

Pick a typical week, not the calmest or the busiest. The week that resembles the life you currently live.

- **Run it retrospectively.** Fill the row at the end of the day or the next morning. Tracking in real time can change the day itself.
- **Pair it with another worksheet.** The audit reads best alongside the wake-time anchor or sleep diary. One gives the night; the other gives the day.
- **Do not change anything yet.** The audit is a description of the current day. Any adjustment comes after, from reading what the week shows.
- **Best guesses are fine.** A partial row is more useful than a perfect one filled in a week later. The pattern lives in the trend, not in any single cell.

REMEMBER Map what the day is doing first, without changing it. Afterwards, adjust one thing at a time, ideally talked through with your clinician.

When the week is done, you can sit with what you notice, or bring the audit to a first conversation. Either is a fine next step.

One week of daytime audit

One row per day, ideally retrospectively at the end of the day or the next morning.

Best guesses are fine. The pattern across the week is what matters, not any single day. Read across each row, then read down each column.

DAY & DATE	MORNING LIGHT <i>when, how long, outdoor or indoor</i>	MOVEMENT <i>what, when, intensity</i>	RECOVERY MOMENTS <i>pauses across the day</i>	CAFFEINE & ALCOHOL <i>amounts, last time</i>	HOW THE NIGHT WENT <i>brief note</i>
Monday <i>date:</i>					
Tuesday <i>date:</i>					
Wednesday <i>date:</i>					
Thursday <i>date:</i>					
Friday <i>date:</i>					
Saturday <i>date:</i>					
Sunday <i>date:</i>					

WHAT THE AUDIT USUALLY SURFACES, BY THE END OF THE WEEK

A PATTERN IN LIGHT

Where light is, and is not

Some audits show one or two days without much outdoor light, and a difference between those days and the rest. The audit makes that gap easier to see.

A PATTERN IN MOVEMENT

A window, or no window

Some weeks reveal a steady movement window. Others reveal that movement and light are often missing together on the same days. Either is useful to see.

A PATTERN IN LOAD

Coffee creep, alcohol creep

The audit tends to make small drift visible. A 3 PM coffee that has become routine. A glass of wine that has become daily. Neither is a verdict; both are now visible.

AFTER THE WEEK

One pattern worth noticing

Read down the columns. Which daytime variable sits alongside the worse nights? Which sits alongside the better ones? That comparison is a good place to choose one thing to adjust next week.

MEET AND GREET

Free
15 minutes
Online or in-person
No obligation