

The daytime audit

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

Most of what affects how the night goes happens before the sun sets. Light, movement, recovery, and the substances we use to shape attention 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 the strongest anchor for the circadian rhythm. Outdoor light is much stronger than indoor light.

Movement, somewhere in the day

Regular movement is associated with better sleep continuity. Timing matters less than consistency.

Recovery, woven through

Brief pauses leave the body with less unfinished arousal at bedtime. Five minutes of paced breath helps more than none.

Stimulants and their windows

Caffeine has a five to six hour half-life. Alcohol shortens time to sleep and worsens its quality.

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 sleep diary

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, not down

Look for which daytime patterns sit alongside the worse nights. Adjust one thing the next week. Watch what shifts. Then the next.

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. Trying to track in real time tends to distort the day.
- **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. Adjustments come 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.

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

A PATTERN IN LIGHT

Where light is, and is not

Most audits surface one or two days without meaningful outdoor light, and a clear difference between those days and the rest. The body uses the gap, and the audit makes it readable.

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.

Remember

Map what the day is doing first. Adjust one thing, then watch. Sleep tends to respond to the daytime audit as a whole, not to any single change in isolation.

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>					

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. The first adjustment for next week tends to live in that comparison.

MEET & GREET

Free
15 minutes
Online or in-person
No obligation