


# Side Sleeper Sleep Tracker & Journal

 **Instructions:** Use this tracker to monitor your sleep quality, comfort levels, and any pain or discomfort you experience as a side sleeper. This will help you identify patterns and optimize your sleep setup for better rest.

## Daily Sleep Log

 **Date:** \_\_\_\_\_


 **Bedtime:** \_\_\_\_\_





 **Wake-up Time:** \_\_\_\_\_

 **Total Sleep Duration:** \_\_\_\_\_ hours

 **How would you rate your sleep quality?** (Circle one)

-  Excellent
-  Good
-  Fair
-  Poor

 **Did you wake up with any pain or discomfort?** (Check all that apply)

-  Neck Pain
-  Shoulder Pain
-  Back Pain
-  Hip Pain
- Other: \_\_\_\_\_

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 Pillow Used: \_\_\_\_\_

 Mattress Type: \_\_\_\_\_

 Side Sleeping Position: (Check one)

← Left Side

→ Right Side


 Switching Between Both

☀ Did you wake up feeling well-rested? (Yes/No) \_\_\_\_\_

 **Additional Notes:**

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 **Weekly Reflection**


 How many nights did you sleep well this week?

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 What adjustments helped improve your sleep?

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 Did you try any new pillows, mattresses, or accessories?  
If so, did they help?

 Any recurring issues or discomfort?

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 **Goals for next week:**

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## ✔ Side Sleeper Comfort Checklist


- ✔ Proper pillow height & support (e.g., memory foam or contour pillow)
- ✔ Mattress with adequate firmness for side sleepers
- ✔ Knee pillow for better spinal alignment
- ✔ Cooling bedding for temperature regulation
- ✔ Dark, quiet sleep environment
- ✔ Stretching or relaxation routine before bed

## 💡 Bonus Tips for Side Sleepers

- **Pillow Positioning:** Keep your pillow at a height that aligns your neck and spine.
- **Knee Support:** Placing a pillow between your knees helps prevent lower back strain.
- **Mattress Selection:** A medium-soft to medium-firm mattress is generally best for side sleepers.
- **Sleep Hygiene:** Stick to a consistent bedtime and limit screen time before bed.

zzz Want to improve your side sleeping experience? Check out our recommended pillows and mattresses

- [Lux Puffy Mattress](#)
- [Saatva Mattress](#)
- [Derila Memory Foam Pillow](#)

 **Disclosure:** *This tracker is for personal use and not a substitute for medical advice. If you experience persistent pain or discomfort, consult a healthcare professional.*