



FREE FROM 21MINFIT

The 21minFit Sleep Diary

Sleep is when training turns into strength. Track four weeks, spot your patterns, then fix the biggest one first.

Inside

- Why sleep matters for your training
- Six sleep habits worth testing
- 4-week sleep log
- A weekly check-in

“Your body was designed to help you live your life — not recover from your workouts.” — Ranjith Vasu

From **The 21minFit Blueprint** by Ranjith Vasu — the full book explains the science behind every page here. Get it at 21minfit.com/blueprint.

Safety first. General education, not medical advice. Check with your doctor before starting any exercise programme, especially if you have a medical condition or take medication. Stop and seek help if you feel chest pain, dizziness or unusual breathlessness. If poor sleep persists for weeks, speak to a doctor.

WHY TRACK SLEEP

Sleep Is Training

In one controlled study, a single night without sleep cut muscle protein synthesis by about 18% (Lamon et al., 2021, Physiological Reports). A meta-analysis found that acute sleep loss measurably reduces physical performance (Craven et al., 2022, Sports Medicine). Most adults need 7–9 hours a night (Hirshkowitz et al., 2015, Sleep Health).

How to use this diary

- Week 1: just record. Change nothing. You need an honest baseline.
- Weeks 2–4: pick **one** habit below, test it for a week, and see what moves.
- “Quality” is your own 1–5 score for how rested you feel on waking.

Six sleep habits worth testing

Fixed wake-up time	Get up at the same time every day, weekends included. It anchors your body clock more than bedtime does.
Caffeine cut-off	In one study, caffeine taken 6 hours before bed still cut total sleep by about an hour (Drake et al., 2013). Try a 2 pm cut-off.
Morning daylight	Get outside light within an hour of waking, even 10 minutes on a balcony.
Dark, cool, quiet room	Blackout curtains or an eye mask, and a slightly cool room.
Screens down, lights low	Dim the lights and put the phone away for the last 30–60 minutes.
Go easy on late alcohol	It may help you fall asleep, but it tends to fragment sleep later in the night.

Honest note: the protein-synthesis, performance, caffeine and 7–9-hour figures come from the studies named. The other habits are standard sleep-hygiene advice; they help many people, but the evidence for each one on its own is mixed.

RECOVERY

Sleep Log · Weeks 1-2

Record when you fell asleep and when you woke up. Track one full week before changing anything else about your training (Chapter 11). Most adults need 7–9 hours a night.

Day	Date	Asleep at	Woke at	Total hours	Quality 1-5	Notes (stress, caffeine, screens...)
W1 · Day 1						
W1 · Day 2						
W1 · Day 3						
W1 · Day 4						
W1 · Day 5						
W1 · Day 6						
W1 · Day 7						
W2 · Day 1						
W2 · Day 2						
W2 · Day 3						
W2 · Day 4						
W2 · Day 5						
W2 · Day 6						
W2 · Day 7						

RECOVERY

Sleep Log · Weeks 3-4

Record when you fell asleep and when you woke up. Track one full week before changing anything else about your training (Chapter 11). Most adults need 7–9 hours a night.

Day	Date	Asleep at	Woke at	Total hours	Quality 1-5	Notes (stress, caffeine, screens...)
W3 · Day 1						
W3 · Day 2						
W3 · Day 3						
W3 · Day 4						
W3 · Day 5						
W3 · Day 6						
W3 · Day 7						
W4 · Day 1						
W4 · Day 2						
W4 · Day 3						
W4 · Day 4						
W4 · Day 5						
W4 · Day 6						
W4 · Day 7						

REVIEW

Weekly Check-in

	Week 1	Week 2	Week 3	Week 4
Average hours				
Average quality (1-5)				
Nights under 7 h				
Habit I tested				
What changed?				

My one sleep rule from now on:

Want a coach to look at your sleep and training together?

www.21minfit.com · ranjith@21minfit.com · WhatsApp +91 73773 72121