**Restfulness of Sleep Quality (RQ):**

<table>
<thead>
<tr>
<th>Time</th>
<th>Note</th>
<th>Pain Scale (P)</th>
<th>Sleep Symbols Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 pm</td>
<td></td>
<td>5. Severely painful</td>
<td>↓ = In bed (to sleep)</td>
</tr>
<tr>
<td>10 pm</td>
<td></td>
<td>4. Painful, can’t be ignored</td>
<td>△ = Awakened, (D)ream (R)estroom</td>
</tr>
<tr>
<td>9 pm</td>
<td></td>
<td>3. Uncomfortable, can be ignored</td>
<td>↑ = Up, out of bed</td>
</tr>
<tr>
<td>8 pm</td>
<td></td>
<td>2. Mild</td>
<td>x = In bed unable to sleep</td>
</tr>
<tr>
<td>7 pm</td>
<td></td>
<td>1. None</td>
<td>M = restlessMind, won’t shut off</td>
</tr>
<tr>
<td>6 pm</td>
<td></td>
<td></td>
<td>h = headache</td>
</tr>
<tr>
<td>5 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 am</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Today’s Tasks:**

- [ ]

**Comments:**

- [ ]

**This Week’s Goals:**

- [ ]
- [ ]
- [ ]

**Day/Date:**

- Mon
- Tue
- Wed
- Thu
- Fri
- Sat
- Sun

---

**TIME MANAGEMENT WORKSHEET**