NP FADY
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Medication Timing Tracker

Record what actually happened after a medicine was taken, so a prescriber can review sleep and alertness together. This tracker does not authorize a new time, dose, formulation, skipped dose, or any other change.

Nothing on this page authorizes a change. Not a new time, not a dose, not a different formulation, not a skipped dose. Stop driving or any safety-critical task if you cannot stay alert. Contact the prescriber promptly for new agitation, a reduced need for sleep, severe restlessness, unsafe sedation, thoughts of self-harm, fainting, a seizure, or acting out a dream. Use emergency care for immediate danger.

1 **Write the medicine exactly as the label prints it**

Timing supports a hypothesis; it does not prove cause. Note anything else that changed the day — illness, alcohol, a stressful night, another new medicine — in the last column.

Date	Medicine, exactly as listed	Form	Time taken	How long to fall asleep	Waking, and any dreams	Next day, and anything else that changed

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *When the Medicine Is the Sleep Problem*. Clinical review: Fady Boules, PMHNP-BC.

When things started

A sleep change that began three weeks after a medicine started is a different conversation from one that began the same night.

Medicine	When it started	When the dose or form last changed	When the sleep effect began

If a change is agreed

These fields are filled in by the prescriber, not by you. If they are blank, no change has been authorized.

1. The exact plan

2. Who authorized it, and the date it begins

Authorized by _____ Start date _____

3. What should be watched, and what should prompt a call

Questions for the visit

On a hard day. The exact medicine, the time you actually took it, and one thing you noticed about sleep or alertness.

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