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Seven-Night Substance and Sleep Log

Record alcohol, cannabis, and anything else as separate exposures, alongside sleep and the next day. This is not a detox plan and it does not ask you to reduce, stop, or combine anything.

This is not a detox plan. If you drink heavily or regularly, have been through alcohol withdrawal, have had a withdrawal seizure, or need a drink to stop shaking or feeling ill, do not reduce or stop on the basis of this sheet. Get an assessment first — alcohol withdrawal can be dangerous. A seizure, severe confusion, hallucinations, dangerous agitation, or a serious change in breathing needs emergency care now. If you are already shaking, sweating, or nauseated after cutting down, seek same-day medical care.

1. **Keep each substance on its own line**
   Alcohol, cannabis, and anything else are separate exposures, even on the same night. Combining them into one line hides the pattern a clinician is looking for.

2. **Record ordinary use only**
   Do not change what you use, or when, in order to test a theory or make a cleaner record.

Night	Substance and how taken	Amount, in your own words	Time	How long to fall asleep	Waking, and the later night	Other medicines or a stressful day	The next day

On a hard day, record three things. The substance, the time, and one thing you noticed the next day.

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 *The Nightcap, the Gummy, and the Sleep You Think You're Getting*. Clinical review: Fady Boules, PMHNP-BC.