Adult athlete sleep observation checklist

Three mornings in a runner's training log

An adult runner wrote these fictional entries on waking, before opening a wearable app. Times in bed describe the opportunity to sleep. The notes keep morning alertness, muscle soreness and a partner's account in separate sentences.

Training week

Day / sleep notes	Training / context	Alertness / breathing reports	Question / next step
Tuesday • home In bed 23:00—06:40; one remembered waking.	Monday: easy 35-minute run before dinner.	Felt alert at breakfast. My partner mentioned hearing snoring once.	Use the same morning check-in on Thursday.
Thursday • travel In bed 00:10—05:50; woke with the hotel alarm.	Wednesday: train journey after work. Early train home today.	Sleepy on the train. Calves a little sore. Slept alone; breathing sounds unknown.	Ask the coach where to note travel and early alarms.
Saturday • home In bed 22:50—07:10. Time asleep unknown.	Friday: 40-minute easy run. No early alarm today.	Felt alert before breakfast. My partner did not comment on sounds.	Bring the three entries to our next check-in.

The runner can describe how each morning felt. Training, travel and wake time changed across these entries, so they leave the reason for any difference open.