VETMONEYHQ

SLEEP DIARY

14-day printable | Complete one row each morning for the night before.

WEEK 1 OF 2

Name _____ **Week beginning** _____ **Appointment / clinician** _____

Date	**Bedtime**	**Wake time**	**Night wake-ups** (#)	**Snoring or breathing pauses witnessed?** Y / N	**Daytime fatigue** 1-10	**Naps** time + length	**Caffeine / alcohol before bed** what + when	**Sleep aids used** name + time	**Notes** sleep quality, dreams, symptoms, impact on day

Fatigue scale: 1 = fully rested; 10 = unable to function normally.

Be specific: Record approximate times when exact times are unknown. Write “none” rather than leaving a field blank.

Bring the full diary: Share both weeks with your clinician and add context in the Notes column.

For education and personal tracking only. Not medical advice. This diary does not diagnose a condition or guarantee any VA outcome.

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WEEK 2 OF 2

Name _____ **Week beginning** _____ **Appointment / clinician** _____

Date	**Bedtime**	**Wake time**	**Night wake-ups** (#)	**Snoring or breathing pauses witnessed?** Y / N	**Daytime fatigue** 1-10	**Naps** time + length	**Caffeine / alcohol before bed** what + when	**Sleep aids used** name + time	**Notes** sleep quality, dreams, symptoms, impact on day

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This checklist is page one.

The full kit keeps the whole claim organized — in one binder.

The free checklist shows you WHAT money moves to check. The VA Disability Claim Organizer Kit gives you the pages to actually track them — built for your VSO appointment and your own records:

- Claim tracker — every condition, date filed, and status
- C&P exam prep sheets — walk in knowing what they'll ask
- Ratings log + combined-ratings worksheet
- Appeals timeline — deadlines you can't afford to miss
- Evidence & documents checklist — nothing falls through

23 printable pages · $9.99 · print as many copies as you need

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etsy.com/shop/Vetmoneyhq

Search "Vetmoneyhq" on Etsy — look for the VA Disability Claim Organizer Kit.

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