## **Bright Light Therapy Treatment Tracker**

**How to use this tracking sheet:** Use this treatment tracker to track your sleep, energy, and mood while performing your bright light therapy treatment (1 - Worst, 10 - Best) for at least one month. Note of any patterns and to make changes accordingly. Increase or decrease time/duration according to trends, but make adjustments slowly.

	Total Time in Front of	Approximate Distance from				
Date	Light	Light	Average Mood	Sleep Quality	<b>Energy Level</b>	Notes

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