

# Night Sweat Tracker

Date \_\_\_\_\_  
Night



|  | 1   | 2   | 3   | 4   | 5   | 6   | 7   |
|--|---|---|---|---|---|---|---|
| Number night sweats                        |   |   |   |   |   |   |   |
| How bothered were you by your night sweats | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot | None<br>Not at all<br>A little<br>Moderately<br>A lot |
| How severe were your night sweats          | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    | None<br>Mild<br>Moderate<br>Severe                    |

## Notes