Night Sweat Tracker

Date _____

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

Notes