

THE SEVEN NIGHTS

Why seven nights

Anselm asked this of David on the last afternoon he saw him alive: "Give it at least seven nights. Not one. Seven. The body takes time to trust stillness." This log exists for that same reason. Not to measure whether you slept perfectly — no one sleeps perfectly on night one of anything — but so you can see, in your own words, how your body starts to change its relationship with bedtime. Most people don't notice the change night by night. They notice it when they compare night one to night seven.

How to use this log

Each night, right after finishing the main sequence (or the next morning, if you prefer), fill in one row: what time you went to bed, how many times you felt you woke up, how you felt when you opened your eyes, and one word to sum up the night. That's it. This isn't a long journal — the simpler it is, the easier it is to keep up for seven nights straight.

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Night One

Tonight isn't about sleeping perfectly. It's about beginning. Anselm didn't ask for results on the first night – he asked for consistency.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Two

If last night was hard, that doesn't mean it isn't working. Your body is still learning to trust.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Three

This is often the night people feel the first real shift. Don't force anything — just repeat the sequence, the way you already know how.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Four

Four nights of consistency. This isn't an experiment anymore — it's a habit starting to form.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Five

Notice one small thing today: did it take less time to fall asleep? Did you wake up fewer times? Write it down, even if it's minor.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Six

One more night to complete the commitment Anselm asked of David. Keep going – don't skip this one.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night

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Night Seven

You completed the seven nights. Look back through this log and compare night one to tonight. That's the change you were looking for.

Time you went to bed

Times you woke up

How did you feel waking up? (1 - 5)

One word for the night