

# Sleep Diary

Everyone has nights when they struggle to fall asleep or stay asleep. Usually, with time, these problems improve by themselves. However, persistent difficulties with sleep or 'insomnia' can have a big impact on the way you think and feel, affecting many areas of your life.

When we're faced with a problem like a difficulty falling asleep or staying asleep, it's often helpful to understand the pattern of how it plays out in your life. One of the best ways of doing this is by monitoring it.

Keeping a sleep diary will give you a better understanding of your sleep pattern. The *Sleep Diary* can help you to identify things that affect your sleep and can help professionals, if you share it with them, to understand what is going on for you.

Sleep Diary	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Complete in the MORNING</b>					
I went to bed last night at (time):					
I got up this morning at (time):					
I slept for a total of (hours):					
I woke up during the night at (time):					
<b>Complete in the EVENING</b>					
Number of caffeinated drinks today:					
Time of last caffeinated drink:					
Exercise completed today (minutes):					
What I did in the hour before I fell asleep:					
Mood today? (0=awful, 10=great):					



## How could this tool help me?

The *Sleep Diary* can help you:

- Get a better idea of your current ('baseline') pattern of sleep.
- Identify things that help and hinder sleeping well.
- Decide on changes that could improve your sleep.
- Track improvements in your sleep as you make these changes.



## How should I use it?

The *Sleep Diary* will ask you to record information in the morning and in the evening for seven days. It's best if you fill it in within one hour of waking up, and in the hour before you go to sleep (but not just before you try to sleep).

*In the morning*, record the following:

- **I went to bed last night at (time)**. Estimate what time you got into bed.
- **I got up this morning at (time)**. Estimate what time you got out of bed.
- **I slept for a total of (hours)**. Estimate how many hours of sleep you had the night before.
- **I woke up in the night (# times)**. How many times did you wake during the night?

*In the evening*, you will need to record the following:

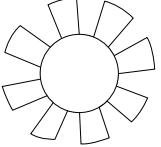

- **Number of caffeinated drinks today**. Write down how many drinks you had that contained caffeine. This includes tea, coffee, and some fizzy drinks (e.g., cola).
- **Time of last caffeinated drink**. What time did you have your last caffeinated drink?
- **Exercise completed today (minutes)**. Estimate how much exercise you had during the day. This includes mild exercise (e.g., walking to and from work) and strenuous exercise (e.g., time spent at the gym).
- **What I did in the hour before I fell asleep**. Make some notes about what you did in the hour before you tried to sleep (e.g., reading, watching TV, checking emails).
- **Mood today?** (0 = awful, 10 = great). Overall, how do you rate your mood during the last 24 hours?



## Helpful tips

- Don't worry about being too precise when you record your sleep time – a best estimate is fine. Trying to be accurate might lead you to watch the clock at night, which can make sleep problems worse.
- You don't need to fill in your diary during the night either. This can also contribute to sleep problems, so stick to completing it in the morning and the evening.

# Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Complete in the MORNING</b>							
I went to bed last night at (time):							
I got up this morning at (time):							
I slept for a total of (hours):							
I woke up during the night (# times):							
 <b>Complete in the EVENING</b>							
Number of caffeinated drinks today:							
Time of last caffeinated drink:							
Exercise completed today (minutes):							
What I did in the hour before I fell asleep:							
Mood today? (0=awful, 10=great):							