Sleep Diary

A sleep diary is a useful tool you can use to look at the pattern and quality of your sleep, and factors that affect your sleep. Take a look at the end of the week and see if there are things you can change about your routine, like reducing how much tea and coffee you drink or trying out relaxing breathing exercises in the hour before you go to sleep.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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) |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  |