Sleep Diary

Use this sleep diary to keep an accurate note of how much you sleep, and other factors associated with your sleep and nighttime routine. The diary is intended to help you identify patterns and areas for improving sleep alongside sleep hygiene recommendations. This diary can also help combat/support any negative assumptions you may have about your sleep (e.g. “I haven’t slept properly in weeks!”)

	INFORMATION BEFORE SLEEP						BED/SLEEP PATTERN					
Date	Naps (time and length	Caffeine, alcohol or nicotine (after 6pm)	Activity before bed	Fatigue level during day (0-5, 5 most tired)	Tension level in bed (0-5, 5 most tense)	In-bed activities	Time turned lights out	Time taken to fall asleep	Waking time	Woke up (times in night and for how long)	Actual sleep	Rest score (0-5, 5 well rested)
Example	1pm, 45 minutes	175ml wine at 8pm	Tv for 2 hours then hot bath	3 – felt a bit slowed down	4 quite tense in bed	Read book for 20 mins	10.45pm	30mins	5.15am	Once at 2.30 fell asleep after 15 mins	5 hours 45 mins	3 somewhat rested