sleep diary

Track your sleep to discover where any potential problems lie. After two weeks, see if there is a pattern. Then experiment with one new thing for two more weeks e.g. new time going to bed, or time of last meal, or doing yoga before bed etc. Notice the impact your changes make. In time you will figure out what works.

COMPLETE IN THE MORNING

WEEK STARTING:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I went to bed at (time)							
I fell asleep after (approx. mins)							
I woke up (x times)							
In total, I slept (approx. hours and mins)							
I got out of bed at (time)							
Quality of my sleep (10 = great 1 = very poor)							
My experiment:							

COMPLETE IN THE EVENING

Energy levels today (10 = great 1 = very poor)							
Happiness today (10 = great 1 = very poor)							
I exercised for (hours and mins)							
My last meal/snack was at (time)							
I drank …… alcoholic drinks (number of / time of last drink)							
I drank …… caffeinated drinks (number of / time of last drink)							
I napped for (minutes)							
Time without blue light (minutes.)							

WHAT HAPPENED TODAY?

Note the day's events. What was going on? How did you feel? Did anything happen to impact on your sleep?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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