

Sleep Diary

Working out the reasons why you might have problems sleeping can be difficult. Keeping a sleep diary, like the one on the next page, can help you keep track of when you slept well or poorly, and the possible reasons why that happened.

To complete the sleep diary, simply read the questions opposite and answer them in the appropriate space in the table. For instance, the answer to question A will be put in column A of the table next to the date of the sleep concerned. An example is provided on the first line of the table.

Remember, this diary is your personal record of how well you slept and why, so be honest!

This sleep diary has enough space for up to a week. Once you have completed it, you can download and print a new copy from our website: www.HowDidYouSleep.org

Questions for sleep diary:

- A How did you sleep last night?
- B What time did you go to bed?
- C Approximately how long did it take you to get to sleep?
- D How many times did you wake up during the night?
- E What time did you wake up?
- F How long did you sleep for in total?
- G What did you consume (if anything) within four hours of going to bed (e.g. cup of tea/coffee/ milky drink, glass of wine/beer, sleeping pills, dinner) and how long before bed did you consume it?
- H What was the temperature outside and in your bedroom?
- I What light sources were there when you went to sleep?
- J How much noise was there when you went to sleep?
- K What activities did you undertake before you went to sleep?
- L Any other comments?
- M How well did you feel throughout the next day (1= awful, 5= average, 10= perfect)? Include a description if appropriate (e.g. drowsy, grumpy, spaced out)?

