

## Two-Week Sleep Diary

Keeping track of sleeping habits can be a useful way to identify factors that may be interfering with your sleep.

Complete two copies of the following two sheets (morning and evening) over the next 14 days. Look for patterns based on how you are sleeping, the time you went to bed, alcohol, caffeine intake, etc.

Try and identify what may be interrupting your sleep. Make one change at a time, continue for a week and observe if it has a positive impact.

Dr. Jeremy Sutton

Complete in the morning, soon after you wake up. One column for each day of the week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day							
What time did you go to bed last night?							
What time did you wake up this morning?							
Approximately how long did it take to fall asleep?							
Did you fall asleep: <i>Easily,</i> <i>After a little while,</i> <i>With difficulty</i>							
Did you wake up in the night? <i>How often?</i>							
How long were you awake for in total?							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
How long were you asleep for in total?							
What caused your sleep disturbance(s)? <i>Noise, light, worry, heat, cold, etc</i>							
How would you rate the quality of your sleep? <i>1-5 where 1 is poor and 5 is very good</i>							
How do you feel this morning? <i>Fully refreshed, OK, Lethargic</i>							
Any other comments?							

Complete at night, before going to sleep. One column for each day of the week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day							
How many caffeinated drinks did you have before 5pm?							
How many caffeinated drinks did you have after 5pm?							
How many alcoholic drinks did you have before 5pm?							
How many alcoholic drinks did you have after 5pm?							
How many minutes of exercise did you perform before 9pm?							
How many minutes of exercise did you perform after 9pm?							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What medications have you taken?							
Did you nap during the day? When and for how long?							
During the day have you felt: <i>Grumpy,</i> <i>Impatient,</i> <i>Tired,</i> <i>Moody,</i> <i>Unable to concentrate ?</i>							
What was the routine in the last hour of going to bed? <i>Read a book, phone, eat, etc.?</i>							