

Women's Health, Naturally Sleep Diary

Use this sleep diary to make an accurate assessment of how much you sleep and other factors associated with your sleep. This will help us to identify patterns and areas for improving sleep hygiene. Also, many people who struggle with sleep difficulties make negative assumptions about their sleep (e.g. “I never sleep more than 5 hours a night”) and this worksheet can help you to check if this is really the case.

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Naps (what time & how long?)	2pm, 40 minutes							
Caffeine, alcohol, nicotine? (day total & 4 hrs before bed)	2 coffees, 1beer, nothing after 4pm							
Pre-bed activity (what did you do?)	watched TV after dinner, 3 hours							
Day fatigue level (0-5, 5 most tired)	3 - felt a bit tired today							
Day mood (0-5, 5 most depressed)	2 - not really down							

Tension in bed (0-5, 5 most tense)	4 - felt very tense when went to bed
In-bed activities	Read for 1 hour
Lights out (time)	10:30pm
Time to fall asleep (minutes)	40 mins
Waking time	5.10 am
Woke up? (number of times, how long)	Once at 2am, back to sleep after 20 minutes
Hours slept	6 hrs 40 min
Rest score (0-5, 5 most rested). Measure this after at least 40 min awake	3 - felt somewhat rested when I woke up