

A Sleep Diary can help you identify the things that are influencing your sleep. It can also help you to fact check the assumptions you have about your sleep - have you ever forgotten exactly when you went to sleep, or how many coffees you've had? This diary can help you remember that sort of stuff with more accuracy! To complete it, feel free to print it out, edit it in Adobe or Preview (or another PDF editing tool), or create the same table in the notes on your phone. Engage with this resource in your own way.



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Hours slept

Time to fall asleep

Night wakings

Time awake per waking

Feeling rested?
X/10*

**Activities during waking hours that
may impact sleep**

Notes on caffeine,
alcohol and drugs
(including medication)

Time spent
exercising

What did you do in
the 3 hours before
bed?

Notes about mood
i.e. how did you feel
today?

*rate how rested you feel on a scale of 1 - 10, with 10 being most rested

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Time to fall asleep

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Time awake per waking

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X/10*

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Notes about mood i.e. how did you feel today?

*rate how rested you feel on a scale of 1 - 10, with 10 being most rested

Saturday

Hours slept

Time to fall asleep

Night wakings

Time awake per waking

Feeling rested?
X/10*

**Activities during waking hours that
may impact sleep**

Notes on caffeine,
alcohol and drugs
(including medication)

Time spent
exercising

What did you do in
the 3 hours before
bed?

Notes about mood
i.e. how did you feel
today?

*rate how rested you feel on a scale of 1 - 10, with 10 being most rested

Sunday

Hours slept

Time to fall asleep

Night wakings

Time awake per waking

Feeling rested?
X/10*

Activities during waking hours that may impact sleep

Notes on caffeine, alcohol and drugs (including medication)

Time spent exercising

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Notes about mood i.e. how did you feel today?

*rate how rested you feel on a scale of 1 - 10, with 10 being most rested