

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 graph in the notes on your phone. Engage with this resource in your own way.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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							
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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