



Sleep Diary



Keeping a sleep diary can be a helpful tool for improving your sleep habits. It can provide insights into your sleep patterns and help identify any factors that may be affecting your sleep quality. This handout will guide you through the process of keeping a sleep diary.

Instructions

1. Set up your diary: Use a notebook or an app on your phone to keep track of your sleep patterns. Divide each day into three sections: morning, afternoon, and night.
2. Record your activities: In the morning section, write down any activities that you did the day before, such as exercise, caffeine intake, or stressful events. In the afternoon section, record any naps or changes to your routine. In the night section, keep track of the time you went to bed, how long it took you to fall asleep, any wake-ups during the night, and the time you woke up in the morning.
3. Rate your sleep quality: In the morning section, rate your sleep quality on a scale of 1 to 10, with 1 being poor and 10 being excellent. Take note of any factors that may have affected your sleep quality, such as stress or noise.
4. Analyse your data: After a week or two of keeping your sleep diary, review your data. Look for patterns in your sleep habits and try to identify any factors that may be affecting your sleep quality. You may find that certain activities or habits are contributing to poor sleep, and you can make adjustments accordingly.

Tips

1. Be honest: It's important to be honest and accurate when filling in the sleep diary. This will help you and your healthcare provider get a better understanding of your sleep patterns and identify any issues.
2. Be consistent: Try to fill in the sleep diary every day at the same time. This will help make it easier to start making this a habit.
3. Use it as a tool for self-reflection: Review your sleep diary regularly to identify any patterns or trends. This can help you make changes to your sleep routine or identify factors that may be impacting your sleep.
4. Share it with your healthcare provider: Your healthcare provider can use the information in your sleep diary to help diagnose any sleep disorders or provide recommendations for improving your sleep.



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Morning

Afternoon

Evening