

Sleep Diary

This diary allows you to record, track and assess your sleep as you implement new sleep strategies.

Sleep Strategy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Complete in Evening	--	--	--	--	--	--	--
Snack before bed?							
Avoid alcohol 4 hrs before bed? Time of last drink?							
Relaxation Activity?							
Avoid nicotine 4 hrs before bed? Time of last cigarette?							
Avoid caffeine 4 hrs before bed? Time of last caffeinated drink?							
Complete in Morning	--	--	--	--	--	--	--
Bedroom temperature							
Went to bed at set time? What time?							
Woke throughout the night? How many times?							
Woke at set time? What time?							
Overall Quality of Sleep 0-10 (0 worst - 10 perfect)							