

A sleep diary is a record of an individual's sleeping and waking times with related information, usually over a period of several weeks. In addition to being a useful tool for health care practitioners in the diagnosis of sleep problems, a sleep diary can help make individuals more aware of the parameters affecting their sleep. This data alone can help people pin point factors favouring good sleep.

- 1. Fill in the date, weekday and type of day (i.e. work, school, day off, holiday etc).
- 2. Fill in the letter "C" for caffeine intake (coffee, cola, tea), the letter "M" for medicine intake and "A" for alcohol intake.
- 3. Place a cross at the time that you went to bed. Colour in the box at the time you think you fall asleep.
- 4. Colour in all the boxes at the times that you think you were asleep (both through the night and through the daytime).
- 5. Do not colour in any of the boxes for the times that you were awake (both at night and through the day).

|        | AM      |      |       |      |      |      |      |      |      |      |      |      |       |       | PM    |      |      |      |      |   |   |      |      |      |          |       |  |
|--------|---------|------|-------|------|------|------|------|------|------|------|------|------|-------|-------|-------|------|------|------|------|---|---|------|------|------|----------|-------|--|
| Date   | Weekday | Туре | 12:00 | 1:00 | 2:00 | 3:00 | 4:00 | 5:00 | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 1:00 | 2:00 | 3:00 | 4:00 |   |   | 7:00 | 8:00 | 9:00 | 10:00    | 11:00 |  |
| 01/01  | Monday  | Work |       |      |      |      |      |      |      |      |      | С    |       |       |       |      |      |      |      |   | М |      | С    | Α    | Х        |       |  |
| Week 1 | •       | •    |       |      |      |      |      |      |      |      |      |      | ı     |       |       | I    |      |      |      | ı |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      | <u> </u> |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
| Week 2 | l       | l    |       |      |      |      |      |      | ı    |      | ı    |      | ı     |       |       | ı    |      |      |      | ı |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |
|        |         |      |       |      |      |      |      |      |      |      |      |      |       |       |       |      |      |      |      |   |   |      |      |      |          |       |  |