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 pinpoint 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).

| Date | Weekday | Type | 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 | 5:00 | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 |
|------|---------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 01/01 | Monday  | Work |       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

Week 1

Week 2