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Completing a Sleep Diary

- Keep the diary next to your bed. This helps you to remember to complete the diary and helps you to make sure the information is accurate.

- It doesn't matter what day of the week you start. Just start on day 1 and move through the week to day 7. Should you be doing the diary for more than one week, repeat the process but remember to make a note on the form of what week it is referring to. eg. Week 1, Week 2 etc.

- Be honest with the information you share, we know it can be tough to share but really want to help and giving us accurate information helps us to do that.

- If you need more space to write information, please use additional pages where necessary. We'd rather have additional pages than missing information. Just clearly mark which day and section they are relevant to.

- If you realise that completing the diary is too overwhelming at the moment, please let us know.

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SLEEP DIARY

Name -

Age -

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START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you begin to relax before going to bed							
What time did you get into bed?							
What time did you fall asleep?							
What did you do between getting into bed and falling asleep							
Did you wake up through the night? If so, what times?							
What did you do while you were awake?							
What time did you fall back asleep?							
What time did you wake up in the morning?							
Total number of hours sleep							

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